

MEGA AIR MILES

19 Celebrate RESPONSIBLE CHOICES

Don't miss our
Bonus AIR MILES® Event!
JULY 25 – 31, 2016

NSLC
BEER • WINE • SPIRITS

©TM Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Nova Scotia Liquor Corporation.

Halifax metro



**CANADA'S
BANANA
REPUBLIC**
(is in Huron County, Ontario)
metroLIFE



Your essential daily news | WEDNESDAY, JULY 27, 2016

High 27°C/Low 16°C Partly cloudy



As council votes again to defer debate

on Blue Mountain-Birch Cove

and release maps to the public,

one park supporter remains worried

To be continued metroNEWS

JEFF HARPER/METRO

Wanted: Safer roads for riders

ANNAPOLIS VALLEY TRAGEDY

Death of Halifax cyclist reminder to drivers to be more aware, group says



Haley Ryan
Metro | Halifax

The death of a 30-year-old Halifax cyclist in the Annapolis Valley is tragic, biking groups say, and highlights the need to better protect vulnerable riders.

Kings District RCMP said the man, dressed in full biking gear and riding a racing bike Monday afternoon, died in hospital after a collision with a pickup truck at the intersection of Ridge and Greenfield roads outside Wolfville.

"It's really, really unfortunate and we're very saddened by the news," Kelsey Lane, executive director of the Halifax Cycling Coalition (HCC), said Tuesday.

Summer is a busy time for cyclists to be out on the roads, Lane said, and many from Halifax take a route

to Wolfville for day trips so it's extra vital for drivers to remember the one-metre buffer zone between themselves and any bikers.

The HCC and Bicycle Nova Scotia would especially like to see the shoulders of roads widened in rural areas when paving is being done, Lane said.

"There's a cyclist fatality every year and that number can be decreased with the proper investment and infrastructure in place," she said.

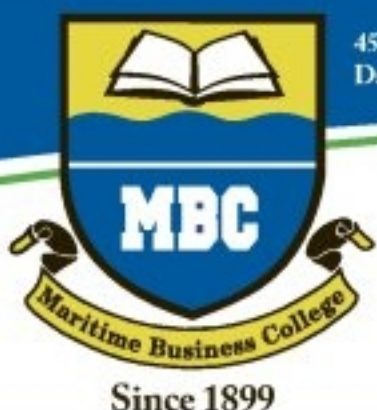
Police said conditions were clear at the time, and the investigation is ongoing but charges are not expected against the female driver of the truck, who was not injured.

"The truck driver did nothing wrong, certainly obeying all rules of the road and traffic devices," Const. Kelli Gaudet of Kings District RCMP said.

Zachary Steinman, Bicycle Nova Scotia vice-president of road and Cyclocross competition, said while the driver may have done nothing wrong it's always important to emphasize that people should be "aware of the potential" they have when using a car.

"A vehicle can do a lot more damage than someone riding a bicycle," Steinman said.

WITH FILES FROM THE CANADIAN PRESS



45 Alderney Dr. Suite 100
Dartmouth, NS B2Y 2N6

Change your life and the lives of others.

Become a Human Services Support Worker!

Train how to assist the disabled by developing their life skills and by teaching them how to care for themselves. Finish the program in less than a year!

maritimebusinesscollege.com | 902-463-6700

**Apply now
to start in
September**



BUY NEW. PAY USED.



✓ 2017 MIRAGE HATCH ES



Mirage ES model shown

STARTING
FROM

\$9,998*

LEASE FROM

0%

FINANCE FROM

0%

STANDARD FEATURES:

- ✓ POWER FRONT WINDOWS
- ✓ POWER SIDE-VIEW MIRRORS
- ✓ REAR WING SPOILER
- ✓ CARGO COVER

✓ 2017 MIRAGE G4



Mirage G4 SEL model shown

STARTING
FROM

\$14,498*

LEASE FROM

0%

FINANCE FROM

0%

STANDARD FEATURES:

- ✓ BLUETOOTH® 2.0 HANDS-FREE CELLULAR PHONE INTERFACE WITH STREAMING AUDIO & USB INPUT WITH VOICE CONTROL
- ✓ AIR CONDITIONING
- ✓ POWER WINDOWS
- ✓ POWER DOOR LOCKS WITH REMOTE KEYLESS ENTRY

GET TO KNOW MITSUBISHI

10 YEAR
160,000 KM
POWERTRAIN
LTD WARRANTY**

AVAILABLE INCENTIVES OF \$500 FOR MILITARY PERSONNEL, FIRST RESPONDERS, RECENT GRADUATES, FIRST TIME BUYERS & CURRENT MITSUBISHI OWNERS.

AVAILABLE:

- ✓ APPLE CAR PLAY & ANDROID AUTO
- ✓ AUTOMATIC CLIMATE CONTROL

**BUILT BETTER.
BACKED BETTER.**



METRO
MITSUBISHI

230 Wyse Rd Dartmouth, NS • 902-463-6792
www.metromitsubishi.ca



NOW PART OF THE
STEELE AUTO GROUP



Steele
MITSUBISHI

3681 Kempt Road • Halifax, NS • 902-405-1177
www.steelemitsubishi.com

*Price is plus applicable taxes, fees and freight. **Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Some conditions apply.



PUBLIC ART ROBOT OF TRIBECCA People check out a new mural of a robot on the old Tribeca storefront along Granville Street on Tuesday. The mural is by artist Jake Seibert and was paid for by the Downtown Halifax Business Commission. **JEFF HARPER/METRO**

MUSIC

Pop fest posts new lineup



Haley Ryan
Metro | Halifax

Soul giant Charles Bradley and Keys N Krates lead the second wave of artists to be announced for the Halifax Pop Explosion.

The 24th annual music festival runs Oct. 19-22, and on Tuesday Basia Bulat, Grandtheft, and TUNS were announced in a release as additions to the lineup alongside Bradley and the electronic Canadian group Keys N Krates.

Other artists announced Tuesday include Holy F—, Voivod, Harrison, Nap Eyes, comedian Kyle Kinane and more.

"Every year we strive to bring bands to Halifax that are as exhilarating as they are talented," executive director James Boyle said in the release.

"This year's festival is more exciting than ever. Halifax Pop Explosion is a festival for all music fans and I am positive you will find your next favourite band at this year's event."

Previously announced acts include Hey Rosetta!, PUP, White Lung, The Barr Brothers and comedian Cameron Esposito.

Music venues include past favourites like The Marquee Club, The Seahorse Tavern, The Carleton Music Bar & Grill, Gus' Pub, Reflections Cabaret, and the Halifax Forum Multi-Purpose Centre, which will be the festival's main stage venue and have a VIP lounge.

For the first time, performances will also be held at the NSCAD-run Art Bar. The Central Library will serve as a festival hub this year.

'Urgency' around bullying

LEGISLATION

Canada needs non-criminal cyberbullying laws: Dal prof

Canada needs cyberbullying laws that curb unwanted sharing of sexual pictures without always requiring police investigations, a law professor said Tuesday.

Nova Scotia had a Cyber Safety Act — the first in Canada — from the fall of 2013 until the legislation was struck down by the Supreme Court of Nova Scotia near the end of 2015, when a judge ruled that it infringed on charter rights of freedom of expression.

During a meeting of the International Society for the Reform of Criminal Law in Halifax Wednesday, several experts said that since the law was struck down, victims of online harassment have to turn either to complicated police investigations or expensive civil court suits.

Wayne MacKay, who teaches human rights law at Dalhousie University, said in an interview he's eager for the province to follow up on a promise to amend

and reintroduce its cyberbullying law and bring an investigative unit back into action.

He says the law should allow for informal requests to swiftly take down offensive words and images, and allow for civil court actions that would hold people accountable for distributing intimate images.

"I think there's some degree of urgency," said the former chairman of the Nova Scotia Task Force on Bullying and Cyberbullying, during an interview after a seminar at the conference.

Roger Merrick, the director of public safety investigations

"We're allowing people to get back into bad old habits."

Wayne MacKay

with the province's Justice Department, said in an interview there is no firm timeline for the amended legislation, but a legal team is working to have it ready "as quickly as possible."

During the conference he provided statistics indicating that there were about 820 investiga-

tions by the CyberScan unit over the two years before the law was struck down, and in over 100 cases there were informal resolutions to the problem.

"We could resolve the complaint informally without having to go to court. That's the benefit of the civil law," he said.

He said in 13 cases the unit went to court seeking orders against online harassment.

"There's certainly a gap ... There's a gap now because we don't have the ability to deal with cases that aren't criminal but are just as damaging."

THE CANADIAN PRESS

TECHNOLOGY

Firm gets \$2.9M towards tool that catches 'catastrophic cases'

Modern aircraft and military ships have grown so complex that engineering design and verification hasn't kept up — and the result is often costly errors in early prototypes, says the head of a Halifax-based firm that's hoping to help solve the problem.

"Today upwards of 40 per cent of all project costs, some of which are well over \$1 billion, is devoted to testing and fixing errors and this percent-

age is growing fast," said Jordan Kyriakidis, president and CEO of design and engineering company QRA Corp.

"We need new tools that ensure these machines will do only what their creators intended and will do so in a safe, reliable and predictable way. We need to verify this before anything is actually built."

Kyriakidis was speaking Tuesday after it was announced that his company was receiving \$2.9

million in federal funding to develop software to assist engineers with early stage designs.

The money, through the Atlantic Canada Opportunities Agency, is conditionally repayable and comes from a pool of \$7.1 million for four projects under the federal government's Atlantic Innovation Fund.

The QVtrace is a software tool that can be used in fields such as defence and aeronautics.

Kyriakidis said it's engineered to "crawl over" computerized designs or blueprints using mathematical proofs that can ask questions.

"So we say this thing you said could never happen, well we show you that it actually can happen," said Kyriakidis. "It's particularly good at catching fringe but catastrophic cases."

Treasury Board president Scott Brison, who took part in the funding announcement,

said the technology could ultimately provide some applications for the government.

"I believe there is significant opportunities to apply some of this to big complex government procurement like defence procurement and avoid the problems that have plagued governments over time on some of these files," said Brison.

Kyriakidis said he created the algorithms powering the software as part of a research

+ STAFFING

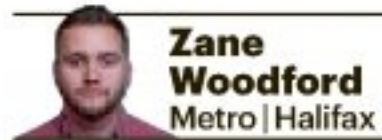
QRA, which has 17 employees, plans to create 13 new research and development positions through the project.

project at Dalhousie University over five years ago and now works on its development full time. **THE CANADIAN PRESS**

Blue Mountain-Birch Cove debate deferred by council

CITY HALL

Discussions about proposed park to resume in September



Zane Woodford
Metro | Halifax

Halifax regional council has voted once again to defer a debate on the proposed park at Blue Mountain-Birch Cove. And the next time it gets to council, the public will have much more information.

After more than an hour of debate in council chambers Tuesday, council voted to defer debate on a motion from Coun. Reg Rankin to initiate public consultation on the proposed park, proceed with secondary development planning for part of the area, and put a two-year time limit on determining exactly how much land the municipality needs.

Council also directed staff to release to the public a park design map — called Map 3A, and referred to in Rankin's motion — along with all contextual documents that go along with it.

At council's meeting on Sept. 6, staff will present a report with that information, a response to a controversial facilitator's report on the park, and nearly 1,500 submissions from the public on



Dog walkers Karen Murphy and Elly Arthur enjoy park of Blue Mountain-Birch Cove last week. JEFF HARPER/METRO

the facilitator's report.

While he was happy to see Rankin's motion taken off the floor, Ecology Action Centre wilderness coordinator Raymond Plourde told reporters after the decision that he's not looking forward to the next discussion.

"This has been a ruined summer for an awful lot of people from the public as they've followed this bouncing ball through long weekends and over their summer holidays," he said.

He's concerned that councillors don't fully understand the issue now, and that they still won't after receiving the next staff reports.

"That's an awful lot of information to absorb in three days over a long weekend for all these councillors, and I sure hope they're not planning on making some snap votes right then and there," he said.

Plourde also repeated his assertion that Rankin's motion was designed to "advance the developers' agenda."

When asked repeatedly outside council chambers, Rankin refused to take a position on what he'd like to see done at Blue Mountain-Birch Cove.

He called the idea of a promised park at the site a "misconception," and said the earlier concept map from the 2006 regional plan was an "aspiration." Rankin's idea of what council directed staff to do in 2006 was not to buy the land needed for the park over time, but to say, "do your best."

"If we want to go back to that big ambition, and be prepared to pay the price, then be very clear about what your genuine interests are," he said. "Not just rhetoric, but are you prepared to pay the price?"

+ MEETING NOTEBOOK

Signage debate returns

The Halifax signage debate will return to Halifax regional council at next week's meeting. An information report was to go to council on Tuesday that recommended a smaller Halifax logo on municipal signage than the current one, which would mean "a better balance between the size and placement of community/asset names." Coun. Gloria McCluskey asked that the item be added to the next meeting's agenda. The request was allowed.

Police to lease new space for criminal investigations

Halifax regional council

approved a lease agreement at its Tuesday meeting that will see some Halifax police officers move into a new space. Halifax Regional Police will lease the space at 50 Garland Ave. in Dartmouth from Dream Industrial REIT for a year at a cost of \$158,400.

Drones coming for Halifax Regional Fire and Emergency

Firefighters will soon be able to enlist the help of two drones.

Halifax Regional Fire and Emergency said the \$30,000 drones will make it easier for firefighters to assess the stability of buildings and monitor the spread of wildfires, among other uses.



Beaver Bank Road is filled with potholes, causing concern for area residents. TC MEDIA

INFRASTRUCTURE

Residents upset by road's potholes

Judy Young, along with hundreds of other residents, say they're fed up with the state of the Beaver Bank Road.

Potholes, crumbling roadsides and a rough patchwork make the drive a treacherous one.

Part of the provincially-controlled Highway 354 is being improved now, approximately 20 km worth, but there's still six kilometres that will be left in its current state for at least a year.

"There's lots of accidents," Young said, standing on the side of the road. "School buses travel on this road and we're worried about the safety of our children."

Young works as a custodian at a school in the Sackville area, and drives on the road every day.

A Facebook group called "Demand the Beavertank Road Be Fixed" has close to 800 members.

Young said members on the page initially came there to complain, but she's hoping it'll turn into activism and they'll demand the government fix the road.

"I was reading all of these comments and everybody was concerned, but it was just a forum — no government officials were reading this," she said. "I said we need to have a protest, and if all 700 people on this page were to turn up marching, it'll get attention."

The protest didn't manifest the way Young envisioned, but a petition was circulated, garnering several signatures.

Young said she was told by police that there were safety concerns about having a large protest on the road itself.

The road could be fully repaved in 2017, but Young said she's concerned about what that will mean for driving this winter.

"I've lost three or four sets of tires on my truck in the last year," she said. TC MEDIA

“It's taken a decade to get nowhere. We are no further ahead than we were 10 years ago.”

Raymond Plourde

INVESTIGATION

Cole Harbour teen assaulted, robbed

Police are investigating an early-morning incident where a teen was robbed and assaulted in Cole Harbour.

Around 7 a.m. Tuesday, Halifax District RCMP said in a release they responded to a report of a 19-year-old man being robbed near Donagan Street.

Police said the victim was confronted by two other men who stole his wallet, ciga-

rettes, and cell phone.

He was also assaulted during the robbery, and was taken to hospital with what are believed to be non-life-threatening injuries.

The suspects fled the area. The RCMP Police Dog Services were called, but were unable to find the suspects.

Both suspects are described as white males, 6-feet tall, and were wearing hoodies. METRO

IN BRIEF

Man facing impaired driving, drug charges

A Hammonds Plains man is facing impaired driving charges and drug charges after a Tuesday morning hit-and-run collision. A 42-year-old man is facing several charges in connection with the incident, including failing to remain at the scene of an accident, impaired operation of a motor vehicle by drug, possession of cocaine and possession of ecstasy. METRO

DARTMOUTH

Man robbed after attack from behind

Police are investigating a robbery after a man was attacked from behind in Dartmouth.

Halifax Regional Police issued a release Tuesday to say that around 4:30 p.m. Sunday, a 30-year-old man was assaulted while walking near Ochterloney Street.

Police say the victim was attacked from behind by both suspects, and had his cell phone taken.

The suspects fled on foot and a police K9 unit was unable to find them. METRO

+ DESCRIPTION

There is a limited description of both suspects, other than that both are men, with one white and the other black.

DINNER'S ON YOU. DONATIONS ARE ON US.

Pay with **MasterCard®** for any meal of \$10 or more
and we'll make a donation to **Stand Up To Cancer®**
up to \$4,250,000 across North America.
Let's make every bite priceless.



PRICELESS®
causes



mastercard.ca/standup

Beginning July 14, 2016 MasterCard Canada will donate \$0.01 CDN to Stand Up to Cancer Canada for each qualifying restaurant purchase made with a Canadian MasterCard, up to \$250,000 CDN (the "Canadian Promotion"). International transactions ineligible. The Canadian Promotion ends on Sept. 15, 2016 or at our \$250,000 CDN goal, whichever comes first. Further, beginning July 1, 2016 MasterCard US will donate \$0.01 USD to Stand Up to Cancer for each qualifying restaurant purchase made with a U.S. MasterCard, up to \$4,000,000 USD (the "US Promotion"). The US Promotion ends on Aug. 19, 2016 or at our \$4,000,000 USD goal, whichever comes first. PIN and International transactions ineligible.

Stand Up To Cancer Canada is a program of EIF Canada, a Canadian Registered Charity (Reg. # 80550 6730 RR0001). Stand Up To Cancer is licensed by the Entertainment Industry Foundation, a U.S. 501(c)(3) charitable organization. Stand Up To Cancer and Stand Up To Cancer Brand Marks are trademarks of the Entertainment Industry Foundation.

®/™ MasterCard, the MasterCard Brand Mark, Priceless and Priceless Causes are registered trademarks of MasterCard International Incorporated. © 2016 MasterCard.

LAW SOCIETY ACCREDITATION

Court rules in favour of Christian school

The Nova Scotia Court of Appeal has upheld a decision allowing graduates of a controversial Christian university law school to practice in the province.

On Tuesday, the court dismissed an appeal from the Nova Scotia Barristers' Society fighting accreditation for graduates of Trinity Western University law school, which is under scrutiny for forbidding sexual intimacy outside heterosexual marriage.

The barrister's society was also ordered to pay \$35,000 in legal costs to the university, which welcomed the decision as a victory for freedom Tuesday. "This recognition of the importance of freedom is something that we should celebrate, whether we're religious or not," said Amy Rob-

ertson, a spokeswoman for the university.

Law societies in Nova Scotia, Ontario and B.C. have all opposed granting accreditation to Trinity law school graduates, sparking legal battles that have pitted freedom of religion against equality rights.

In April 2014, the Nova Scotia barristers' society amended its regulations to say the requirement represents unlawful discrimination against gays and lesbians. As a result, graduates of the law school would not be allowed to article or practise law in Nova Scotia.

A Nova Scotia Supreme Court judge later decided the law society exceeded its jurisdiction and said the move also amounted to an infringement on religious freedom.

THE CANADIAN PRESS

MAJOR CRIME UNIT

RCMP officer charged with sexually assaulting woman

Police have charged a RCMP officer with sexually assaulting a Nova Scotia woman more than 20 years ago. According to a release from the RCMP's Southwest Nova Major Crime Unit Tuesday, in July 2015 (while dealing with an unrelated matter) information came to RCMP officers that Const. Charles Quartey had sexually assaulted a woman in Auburn while posted to the Bridgetown detachment in 1995.

The charges are related to Quartey's conduct with a

woman he met "during his duties as a police officer," the release said. It is alleged that he touched the woman in a sexual manner without her consent.

Quartey is facing one count of sexual assault, and is scheduled to appear on Sept. 27 at Kentville provincial court.

The release said Quartey is currently posted to the Northwest Territories. He was placed on administrative duties in November 2015, and has been suspended from duty since June 17 of this year.

METRO STAFF



High school student Amanda Jamieson, left, is working with CUT Steakhouse and Shuck Seafood and Raw Bar head chef Luis Clavel, right, as part of the Serve it Up! apprenticeship program. JEFF HARPER/METRO

Serving up a career

EDUCATION

Province kicks off culinary apprenticeship program



Amanda Jamieson hasn't yet started Grade 12, but she's already well on her way to becoming a Red Seal Certified cook.

She's one of three Halifax-area high school students participating in Serve It Up!, a provincial government apprenticeship program to help

students explore careers in the culinary trades.

Jamieson was on hand for a kick-off event at Shuck Seafood and Raw Bar in Halifax on Tuesday.

"I first started cooking when I was really little. Not a lot of people in my family cook so I like to," the Halifax West student said in an interview at Shuck. "And I've been learning more and more because I'm pretty sure if I didn't we'd just eat Kraft Dinner forever."

The summer program has kick-started Jamieson's career. Working under executive chef Luis Clavel this summer, she has already made an impression.

"She is by far one of the best (apprentices I've had). We actually are committed that her

Setting goals at an earlier age results in financial savings, better opportunities, higher learning.

Luis Clavel

apprenticeship begins with me as soon as she finishes Grade 12," Clavel said addressing the crowd, adding that in four years Jamieson will be the 18th Red Seal cook he'll have helped certify.

Labour and Advanced Education Minister Kelly Regan said in an interview that this is a

pilot project the government hopes to expand next year if enough employers and young people are interested.

This is the Nova Scotia Apprenticeship Agency's third sector-based apprenticeship summer youth program.

More than 650 students have gained hands-on trades experience and paid summer employment via the TestDrive and Building Futures for Youth programs.

"When you talk to employers who've had those kids they are so complimentary of the young people who are coming forward and working in their industry," Regan said.

"We also know ... about 70 per cent of them go on to register for apprenticeships."

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Natal Day

Please be advised there will be no garbage, organics or recyclables collection services on Natal Day — Monday, August 1, 2016. Collection services for that day will be provided the preceding Saturday, July 30, 2016.

Collection services can begin as early as 7 a.m. To ensure collection please place materials curbside the evening prior to collection day.



Download our new Halifax Recycles app to search what goes where and receive weekly notifications.

No Collection Natal Day Monday, August 1	➔	Collection will occur the preceding Saturday, July 30
Otter Lake Facility Closed Monday, August 1	➔	Otter Lake Facility Open Saturday, July 30 7 a.m. — 7 p.m.
Municipal Recycling Plant Closed Monday, August 1	➔	Municipal Recycling Plant Open Saturday, July 30 7:30 a.m. — 6 p.m.
Household Special Waste Depot Closed Saturday, July 30	➔	Household Special Waste Depot Open Saturday, August 6 9 a.m. — 4 p.m.

HALIFAX



WEEKLY GREEN CART COLLECTION
JULY 2ND - AUGUST 31ST

Details emerge in arrest death

OTTAWA

Neighbours say Abdirahman Abdi was a 'peaceful person'



Joe Lofaro
Metro | Ottawa

For the past six years, the owners of the Aljazeera Food and Meat Market in Ottawa's Hintonburg neighbourhood would often see Abdirahman Abdi stroll into their shop to buy phone cards to call his relatives in Somalia or to pick up some food for his family.

"He was a very, very quiet person. A very peaceful person. It was a big shock to me," said Hani — who declined to give his last name — from behind the counter Tuesday morning, still reeling from Abdi's death.

The 37-year-old Somali-Canadian's death on Sunday while in Ottawa police custody following an altercation is sending shock waves across the immigrant community and is now the subject of an investigation by the

Special Investigations Unit, a civilian police oversight agency. Several witnesses and family members say he suffered from an unspecified mental illness.

The SIU is currently interviewing two subject officers involved in the incident and five witness officers.

Graphic video footage emerged Tuesday morning on YouTube appearing to show Abdi lying motionless in front of the apartment building's entrance in handcuffs with his T-shirt and face covered in blood. At least one woman can be heard in the video wailing from inside the lobby, while a man tells four Ottawa police officers off-camera, "This is the family. I am the superintendent."

Another YouTube video — which, according to the person who posted it, was shot from the same building's ninth floor — appears to show Abdi moving his legs while he is pinned underneath an officer. In the distance, a man can be heard yelling, "What's wrong with you guys? What the heck?"

Residents express fear

Questions continue to swirl around the nature of Abdi's

death, which is making national headlines as the Ottawa Police Service faces backlash for how the event unfolded. Neighbours and fellow Hintonburg residents all say Abdi was a peaceful and quiet man.

Bosco Kiabu, originally from the Democratic Republic of the Congo, lives in the same building as Abdi's family. He said Abdi would often offer to help him bring bags into the building when he bumped into him. He was quiet and was not aggressive, he said.

According to Kiabu, things changed after Abdi returned to Canada from Somalia in early 2016. He was a different person, Kiabu said.

"Before he was good. He was talking," he recalled, before the trip to Somalia. But Kiabu says he noticed a change when Abdi returned from the Somalia trip.

"He was sick in the head. Like mental or something."

The incident has shaken Kiabu.

"I'm very scared. I'm scared when police come very close to me," he said. "That imagination come to me, like, I don't know, if I say any word it can happen like (Abdi)."



Clockwise from right: Abdourahman Kahim, a friend of the family, at a makeshift memorial outside Abdi's apartment building in Ottawa; ice cream shop owner Andrea Stokes writes on a street sign outside her store Tuesday; Kids write RIP with sidewalk chalk outside the building where the altercation took place. JOE LOFARO/METRO

FINANCE

Banks to hand over offshore files

The Trudeau government has won a round in its battle against offshore tax cheats.

Two banks have agreed to give the federal revenue minister information from the accounts of a Caribbean financial institution to help the government crack down on Canadian tax evaders.

The Federal Court of Canada has approved federal requests for seven years' worth of transaction information from the Royal Bank of Canada and Citibank, N.A., related to accounts in the name of Cayman National Bank Ltd.

The Royal Bank and Citibank — neither of which opposed the federal demands — have 120 days to hand over records from Jan. 1, 2009, through Dec. 31, 2015, including account statements, deposit slips, cheques, bank drafts and wire transfer orders.

The Canada Revenue Agency plans to comb through the data to see if Canadian residents are using the Canadian dollar accounts, opened by Cayman National Bank, to transfer funds to Canada and avoid reporting taxable income from their foreign holdings.

The move is part of the government's ongoing efforts to fight offshore tax evasion, said revenue agency spokesman David Walters: "The CRA is committed to combating the abusive use of offshore jurisdictions and protecting the integrity of the Canadian tax system."

In this case, the revenue agency has not yet identified Canadians suspected of an offshore tax dodge. However, Letkeman says the agency was alerted to the possible Cayman ruse by a Canadian woman who voluntarily disclosed her dealings through a special program that allows those who come forward to avoid prosecution.

Documents showed the woman's funds flowed from the Cayman Islands — through Cayman National Bank's correspondent account with the Canadian branch of Citibank, N.A. — to a Canadian bank account in her name.

As a result of the revenue agency's review, she was ordered to pay a total of more than \$1.2 million plus interest for unreported capital gains related to offshore property.

THE CANADIAN PRESS

IN BRIEF

Pilots arrested on alcohol charges get bail

Two airline pilots charged with being drunk as they prepared to fly a passenger jet on a trans-Atlantic route to Toronto have been granted bail on condition they surrender their passports.

Jean-Francois Perreault, 39, and Imran Zafar Syed, 37, were arrested at Glasgow Airport on July 18, shortly before they were due to fly an Air Transat jet to Toronto. The two men had been held in custody since their arrest.

THE CANADIAN PRESS

Examine origins of Canada's opioid crisis: Minister

It remains a mystery why Canada and the U.S. are the world's heaviest opioid users, but Health Minister Jane Philpott says divining the answer may hold the key to solving what she considers a national public health crisis.

Philpott, a physician herself, said the problem has only grown worse over the last several years as the number of overdoses and opioid-related deaths has continued to grow.

THE CANADIAN PRESS

KING'S WHARF

NOW RENTING

Move right in to a brand new condo starting at \$1395/mth. Features include air conditioning, large terraces and floor to ceiling windows with views of the Halifax Harbour. Drop by and see for yourself why so many are making the move to King's Wharf.

Viewings Mon-Fri 9am-5pm | Weekend Open House 1-4pm
info@kingswharf.ca 902.407.6000

Hillary makes history

U.S. ELECTION

Clinton is the first woman to win nomination for president

Breaking a historic barrier, Hillary Clinton triumphantly captured the Democratic nomination for president Tuesday night, the first woman ever to lead a major political party in the race for the White House.

Delegates erupted in cheers as Clinton's primary rival, Bernie Sanders, helped make it official when the roll call got to his home state of Vermont — an important show of unity for a party trying to heal deep divisions.

"I move that Hillary Clinton be selected as the nominee of the Democratic Party for president of the United States," Sanders declared, asking that it be by acclamation.

It was a striking parallel to the role Clinton played eight years ago when she stepped to the microphone on the convention floor in Denver in support of her former rival, Barack



Hillary Clinton on Monday in Charlotte, N.C. JUSTIN SULLIVAN/GETTY IMAGES

Obama.

This time, Clinton shattered the glass ceiling she couldn't crack in 2008. And in November, she will take on Donald Trump, nominated last week at the Republican convention in Cleveland.

The second night of the

Democratic convention featured former President Bill Clinton, who was taking the stage to deliver a personal validation for his wife. Former presidents often vouch for their potential successors, but never before has that candidate also been a spouse.

Tuesday night wasn't all cele-

bratory. Moments after Clinton claimed the nomination, a group of Sanders supporters left the convention and headed to a media tent to protest what they said was their being shut out of the party. Earlier, several hundred gathered at Philadelphia's City Hall under a blazing

+ BILL SPEAKS

Former president Bill Clinton didn't spare the sentimentality as he became the latest big-hitter to speak at the convention.

Hours after his wife secured the nomination, the 47th U.S. president had the crowd cheering at his stories of life with Hillary.

"She's the best darned change-maker I ever met in my entire life," he declared amid stories of her successes as a student, lawyer, mother and public servant. He said Hillary was never satisfied with the status quo. "She just wants to move the ball forward," he said. "That's just who she is." METRO

sun chanting "Bernie or bust."

Trump cheered the disruptions from the campaign trail. In North Carolina, he told a convention of the Veterans of Foreign Wars that, "our politicians have totally failed you."

THE ASSOCIATED PRESS

SAFETY

Japan shocked by mass slayings

The killing of 19 people at a home for the mentally disabled raised questions about whether Japan's reputation as one of the safest countries in the world is creating a false sense of security.

The deadliest mass killing in Japan in the post-World War II era unfolded early Tuesday in Sagami-hara, a city about 50 kilometres west of central Tokyo, when authorities say a former employee broke into the facility and stabbed more than 40 people before calmly turning himself in to police.

While not immune to violent crime, Japan has a relatively low homicide rate of well under one per 100,000 people. Mass killings usually are seen half a world away on the nightly news, although seven Japanese were among the dead in a recent hostage-taking in Bangladesh that targeted non-Muslims.

THE ASSOCIATED PRESS

IN BRIEF

Germany focuses on security after attacks

German officials vowed tighter security and called for tougher controls of asylum-seekers Tuesday in the aftermath of four attacks in the country in the span of a week, two of which were claimed by the Daesh extremist group. The attacks left 10 victims dead and dozens wounded and have rekindled concerns about Germany's ability to cope with the million migrants entering the country last year.

THE ASSOCIATED PRESS

Gunman kills doctor, himself at Berlin hospital

Officials say a man has shot dead a doctor before killing himself at a Berlin hospital. The shooting occurred around 1 p.m. Tuesday at the mouth, jaw and face surgery unit of the Benjamin-Franklin Hospital in the southwestern district of Steglitz. Berlin police initially said the doctor had suffered life-threatening injuries, but later said he had died. The circumstances of the shooting are still being investigated.

THE ASSOCIATED PRESS

Suicide attack kills 13 people in Somalia

Two suicide bombers detonated explosives-laden cars Tuesday outside the office of the UN's mine-clearing agency and a Somali army checkpoint in Mogadishu, killing 13 people, including seven guards, Somali police officials said. The blasts occurred near the African Union base in near the Mogadishu airport, the Somali police chief said. The Islamist al-Shabab rebel group claimed responsibility.

THE ASSOCIATED PRESS

FRANCE

Murderer of priest was under electronic surveillance

Daesh crossed a new threshold Tuesday in its war against the West, as two of its followers targeted a church in Normandy, slitting the throat of an elderly priest celebrating Mass and using hostages as human shields before being shot by police.

It was the extremist group's first attack against a church in the West, and fulfills long-standing threats against "crusaders" in what the militants paint as a centuries-old battle for power. One of the attackers had tried twice to leave for Syria; the second was not identified.

"To attack a church, to kill a priest, is to profane the republic," French President Francois Hollande told the nation after speaking with Pope Francis, who condemned the killing in the strongest terms.

The Rev. Jacques Hamel was celebrating Mass for three nuns and two parishioners on a quiet summer morning in Saint-Etienne-du-Rouvray when the attackers burst in and forced the 85-year-old priest to his knees before slicing his throat, according to authorities and a nun who escaped.

The two attackers were killed by police as they rushed from the building shouting "Allahu Akbar," Paris prosecutor Fran-



Two women mourn Rev. Jacques Hamel on Tuesday.

CHARLY TRIBALLEAU/AFP/GETTY IMAGES

cois Molins said.

One had three knives and a fake explosives belt; the other carried a kitchen timer wrapped in aluminum foil and had fake explosives in his backpack.

One of the assailants was identified as Adel Kermiche, a 19-year-old who grew up in the town and who had tried to travel to Syria twice last year using family members' identity documents, but was arrested outside France and handed preliminary terrorism charges.

Kermiche was put under house arrest with an electronic surveillance bracelet after a

judge overruled prosecutors and agreed to free him, Molins said. However, the bracelet was deactivated for a few hours every morning as part of the surveillance agreement, Molins said — hours that corresponded to the time of Tuesday's attack.

A statement published by the Daesh-affiliated Amaq news agency said Tuesday's attack was carried out by "two soldiers of the Islamic State" who acted in response to calls to target nations in the U.S.-led coalition fighting the extremist group in Iraq and Syria.

THE ASSOCIATED PRESS

ART OF DISABILITY FESTIVAL

Proudly supported by **HALIFAX**

July 28th
10am-2pm
Alderney Landing

Entertainment
 Food • Vendors

FREE ADMISSION
 art@ilns.ca

Independent living

BlackBerry reveals its new phone

MOBILE DEVICES

DTEK50 built to fend off cyberattacks, company says

In a bid to once again make its struggling hardware business profitable, BlackBerry is launching a new smartphone billed as the most secure Android device available.

The company on Tuesday unveiled the DTEK50, a phone it hopes will appeal to "everyone" due to the insidious threat that mobile security risks now pose to the public.

BlackBerry said the DTEK50 has been designed to fend off cyberattacks with features such as built-in malware protection and encryption of all user information. In addition, it provides the ability to see and control which apps are allowed access to features like the phone's camera.

The phone is BlackBerry's thinnest and has an on-screen keyboard — not its traditional keyboard.



The DTEK50 CONTRIBUTED

500,000

BlackBerry's smartphone sales in total (including the Priv), according to its most recent quarterly results — a drop of 100,000 over the previous quarter and 200,000 fewer than two quarters earlier.

The DTEK50 will retail for \$429, a sign that the company may have learned from the sales flop of its first Android-powered phone, the Priv. At a cost of \$899 without a carrier contract, the Priv was released late last year and at the time, it was the most expensive Android phone on the market.

But that price likely won't be enough to win over a large number of customers, said Detlev Zwick, an associate professor of marketing at York University's Schulich School of Business. "If they really want to change momentum, BlackBerry would need a hit with a handset," he said. "This is not it."

The DTEK50 is available for pre-order online, with shipping to start Aug. 8.

THE CANADIAN PRESS



CRAFT BREWERIES FIRMS TAP INTO A BOOMING BUSINESS

Bartender Catherine Pierluissi walks past a bank of beer tap handles at Sugar Maple in Milwaukee, where there are at least 60 beers on tap. The number of craft breweries has more than doubled in the last five years, making tap handles that go in bars to promote their beers big business. AJS Tap Handles in Random Lake, Wis., is one of the largest makers of tap handles and made some of the handles shown here, including the white O'so Brewing Company handle in front. CARRIE ANTLEFINGER/ THE ASSOCIATED PRESS

INTERNET

U.S. lays out response plan for cyberattacks

The White House warned Tuesday of a "revolution" of computer-generated threats to the U.S. stoked by growing cyber aggression by traditional U.S. foes like Russia and North Korea, and issued a colour-coded response plan for the U.S. government to use after major cyberattacks.

Lisa Monaco, U.S. President Barack Obama's homeland security and counterterrorism adviser, said while Russia and China grow "more assertive and sophisticated" online, Iran has attacked U.S. banks and North Korea is showing a willingness to attack companies and countries alike. She also warned that non-governmental actors, like

Daesh and "hacktivists," are finding it easy to advance their goals through the internet.

"To put it bluntly, we are in the midst of a revolution of the cyber threat — one that is growing more persistent, more diverse, more frequent and more dangerous every day," Monaco said at a cybersecurity conference in New York.

Aiming to streamline Washington's response to major attacks, Obama released a presidential policy directive that establishes six levels of severity for attacks, a colour-coded system formally used by the Homeland Security Department.

THE ASSOCIATED PRESS



AUTOMOBILE SCANDALS

Investigators say Tesla car speeding at time of crash

The driver killed when his Tesla sedan crashed while in self-driving mode was travelling at 9 mph (about 14 km/h) above the speed limit just before hitting the side of a tractor-trailer, U.S. accident investigators said.

Data downloaded from the Tesla Model S shows the vehicle was travelling at 74 mph (119 km/h) in a 65-mph zone in Williston, Florida, the National Transportation Safety Board said in a preliminary report.

The driver was using the sedan's cruise control and lane-keeping features at the time, the report said.

THE ASSOCIATED PRESS

Volkswagen emissions deal clears its first hurdle

A U.S. judge on Tuesday gave preliminary approval to a nearly \$15 billion US settlement over Volkswagen's emissions cheating scandal. The deal includes an option for owners to have the carmaker buy back their vehicles.

The German carmaker has agreed to spend up to \$10 billion buying back or repairing about 475,000 Volkswagens and Audi vehicles with 2-litre diesel engines and paying their owners an additional \$5,100 to \$10,000 each.

The deal does not cover Volkswagens and Audis with 3-litre engines.

THE ASSOCIATED PRESS

"A new career would open so many doors."

Turn your passion for travel into a real career. Develop your skills by managing a trip to an actual vacation destination!

Train to work at both retail and online agencies.

Travel and Tourism Management with Familiarization Tour.



Success College Get Ready.

Apply now to start in September

800 Sackville Dr., Lower Sackville, NS

Ask about our TUITION PLEDGE

Actor portrayals.

successcollege.ca 902.865.8283

BUSINESS OPPORTUNITY

The Blind Spot
Serving Canada Since 1982

With over 100 areas being serviced across Canada, we are looking for

"NEW DEALERS"
Window Blinds & Shutters
Possible Six Figure + Earning Potential

- No Royalties • Home Based Business • Very Large Areas
- No Inventory • Very Small Investment • Lucrative

...Desired Profile... "Persons Too Young To Retire"
Nova Scotia Locations • www.theblindspot.ca

We Support Children of OPERATION SMILE

1-800-290-6972



GUEST OP-ED ROBIN V. SEARS DEFENDS U.S. CONVENTION GLITZ



If you had sat in New York when Mario Cuomo gave his 'city on the hill' speech, or in Denver as Obama captivated more than 50,000 souls, you'd have respect for the power of American political showmanship.

It is a predictable four-year ritual for Canadian pundits to sneer at the glitz, showmanship and substance-free style of American political conventions. Those sneerers merely reveal their ignorance of cultural differences.

First, U.S. conventions on television are the tip of a political iceberg. Each day there are more than one hundred caucuses, off-site speeches and parties, parties, parties. Having sacrificed my liver in the interests of political education on more than 10 occasions as a "foreign guest" of both Republican and Democratic conventions, I can attest that they are a powerful and effective political tool.

Yes, we would not feel comfortable being used as a TV audience for four hours for four nights at our conventions. And yes, the glitz and hyperbole and the comedians and stars seem over-the-top to Canadian sensibilities. We are not Americans.

When U.S. visitors sag wearily at our less show-bizzy conventions and roll their eyes at our captivating two-hour constitutional debates, we should perhaps honour, not sneer at, our cultural differences. Our respect for those differences is an important glue in our friendship.

If you sat in New York when Mario Cuomo gave his "city on the hill" speech; or saw the unknown state senator from Illinois electrify the 2004 convention in Philadel-

phia, watched in horror by Hillary Clinton only a few feet away; or sat slack-jawed in 2008 as Obama in Denver captivated more than 50,000 souls, who had waited not less than three hours frying in 30 C-plus heat in a massive stadium — you'd have respect for the power and impact of American political showmanship.

Common to both our convention cultures is bonding — activists who never get to see each other

have become too elitist, too exclusive ... and worst of all, too boring to a new generation.

Would any Canadian political-convention director have had the guts to risk potty-mouthed Sarah Silverman and Sen. Al Franken doing a comedy routine on opening night? Or risk having a cerebral-palsy speaker becoming a lightning rod for exploitation criticism?

Candidly, no. As a result, Canadian political conventions get embarrassing TV

So the next time someone sneers at the "shallow American glitz" of U.S. political conventions, you might mildly point them to YouTube highlight reels: Goldwater's 1964 "Extremism is no vice!" speech, Jesse Jackson's bitter concession speech, Bill Clinton's stage-stealing speech in 2008 and a dozen others.

This year, turn to the DNC's "Studio 2016" on your smartphone to see not only a live stream of the entire convention but dozens of side alleys to interviews, profiles and commentary provided by a huge team of digital-production experts. Then be in awe of the ability of America's political professionals to meld star power, technology and political organization in a way no other democracy can do.

If you need further proof about impact, look up Cory Booker, as the networks split the screen to show the oratorical political star of his generation, Bill Clinton, stare at first skeptically and then with smiling interest and finally with ecstatic pleasure at Booker's barn-burner. See Michelle Obama deliver a speech so stunning it will be studied for years. Elizabeth Warren's forensic evisceration of America's Berlusconi. And Bernie Sanders' demonstration of genuine political grace in rallying his heart-broken supporters to his enemy.

Imagine the young voter in rural Mississippi or a Newark slum moved by such oratory, seeing for the first time possibility and promise and potential. Then accept that yes, U.S. conventions are very American.

But no, they are not shallow. They are a key pillar of their democracy.

Robin V. Sears is a leadership fellow at the Broadbent Institute.



ONLY IN AMERICA Sen. Al Franken and comedian Sarah Silverman speak during the first day of the Democratic National Convention in Philadelphia on Monday. THE ASSOCIATED PRESS

except at these occasions will drink, eat and ... spend the night together. Sometimes in ways that form the bonds of party solidarity, sometimes generating the next generation of convention partiers. Alliances are struck; political partnerships are formed. Political wounds are healed over a final 4 a.m. toast in a garbage-strewn empty hospitality suite.

Political parties have a hard time today winning a share of their activists' time and enthusiasm. They compete with Pokémon, Snapchat and preening sports stars for attention. It's partly their fault: They

ratings. The best nights for U.S. conventions are at the level of Super Bowl audiences.

This is not about show-biz; it is about political mobilization. No one can dispute their approach is more effective than ours. Behind the scenes they do the private interpersonal work of party building. In public they do the work of introducing their voters to their choices in a compelling and high-impact manner.

Proof? Each party typically gets a 3 to 6 per cent boost in popularity following their nights of celebration. Ours never do.

'Peg deserves better than to have Hull in hall



Colin Fast
Metro | Winnipeg

For the past 15 years, True North Sports & Entertainment has been an ideal corporate citizen in Winnipeg. It brought two professional hockey teams to town (the Winnipeg Jets and, before them, the Manitoba Moose), built an arena and a training complex, raised millions for charities and is investing millions more in redeveloping the city's downtown.

So why the hell is the company inducting Bobby Hull into its new Winnipeg Jets Hall of Fame?

Of course Hull is celebrated locally for his role in bringing pro hockey to Winnipeg in the early 1970s and for helping the Jets win several WHA championships. His exploits on the ice are unassailable.

Unfortunately, his well-documented troubles off the ice have largely been forgotten over the years. So maybe it's time for a refresher.

Hull's second wife, Joanne, accused him of abuse during their 20-year marriage, which included his time with the Jets. During one incident, she said, he threatened her life with a loaded shotgun. During another, she said, he beat her in the head with the heel of a shoe and then dangled her over a balcony. "I thought, this is the end, I'm going," she told ESPN as part of a 2002 documentary. And physical cruelty was featured prominently in testimony during the couple's 1980 divorce.

The abuse was corroborated by Hull's own daughter, now an attorney who specializes in domestic-violence cases, during an ESPN interview.

Hull remarried in 1984, and two years later was arrested on charges of battering his third wife, Deborah, during an argument in the parking lot of their Chicago-area condo complex. "There was evidence he had struck his wife in the face," police said at the time. "She had some contusions, some swelling."

Hull's wife later refused to press charges against him, but he did plead guilty to assaulting a police officer during the incident.

When he was asked by the National Post in 2010 about previous allegations of abuse, Hull said, "I think my wife is a better wife now than when we got married."

If that isn't repugnant enough, consider Hull's quotes in a 1998 Moscow Times story when he said the black population in the U.S. was growing too fast and that Hitler "had some good ideas. He just went a little bit too far."

Credible domestic-violence allegations, assaulting a police officer, and racism? Pro-Hitler sentiments? Geez.

This organization rightfully shipped Evander Kane out of town for skipping a few practices and restaurant tabs, yet it's going to throw a celebration for Bobby Hull?

This honour might make a few old-time hockey fans happy, but it's a crosscheck to the face of the wider community that True North has tried so hard to serve over the past 15 years. Hull may have been a great Jet, but the Jets, True North and Winnipeg are better than Bobby Hull.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter.

This is not about showbiz, it is about political mobilization. No one can dispute their approach is more effective than ours.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

ASK YOURSELF
WHETHER YOU
ARE HAPPY AND
YOU CEASE
TO BE SO.

JOHN STUART MILL

Philosopher cat now at
www.mymetrostore.ca

metro AGES

THE EVOLUTION TO SENIOR LIVING.



metroSPECIAL REPORT: METRO AGES

Wednesday, July 27, 2016 11



Nova Scotia's seniors minister wants to shift the perception of aging baby boomers to contributors rather than burdens. ISTOCK

Seniors 'valuable resource'

AGING POPULATION

Action Plan seeks ideas for age-friendly workplaces

Jennifer Taplin

The province is putting together an action plan intended to change the conversation about seniors.

Nova Scotia has one of the oldest average populations in the country and rather than looking at that as a negative, Seniors Minister Leo Glavine said seniors are a valuable resource with a lot of potential. "I want the conversation to

change in our province from seeing seniors spoken way too often as a burden on the health care system to a conversation on how much our seniors can and will continue to contribute," he said.

Eleven of the 13 public consultations hosted by the Nova Scotia Centre on Aging to generate input for the Action Plan for Aging Population have already taken place and were well attended. There is also an online survey.

Glavine said as part of the action plan, they're looking for ideas on how to create age-friendly workplaces since many people over 65 are still in the workforce.

"We're in a huge demographic shift where one in four Nova Scotians is a baby boomer. They're going to be

part of meeting the labour force demands," he said.

"They are a phenomenal strength in our communities and I see that now going into the 70s, 80s, and perhaps further seniors contributing to the communities, and to the life of our province."

Baby boomers are now entering retirement age and many of them see themselves as a very significant and dynamic part of the province's future, he said.

"We want to get those people mapping out, planning what it is we can do in terms of policies and programs where our communities will reflect their needs."

The action plan, expected to be finished in the fall, will also look at topics such as encouraging volunteerism, changing careers and entrepreneurship,

“

There's a real stir and churn with those that are stepping over into the 65-plus and we have the first three or four years of baby boomers who are in that group.

As I often say, as one of those baby boomers, we're not going to go quietly

Leo Glavine,
Seniors Minister

Simple changes make aging at home easier

As people age and begin to face hurdles that may make daily living more difficult, both seniors and those that care for them need to consider a plan for aging-in-place. Without a plan for the future, unexpected changes can quickly lead to bad situations that are far more difficult to navigate. The best possible scenario for many, is ensuring seniors are able to stay happy at home for a longer period of time.

Aging-in-place is often something people don't think about until an incident forces the issue. There are a number of things to discuss when thinking through

a plan for happier and seamless aging. For example; does the senior want to downsize? Do they live in an urban area with accessible transportation? Is the current home a place that can be modified to accommodate changes?

Everyone involved in this process needs to consider wellness and what is going to make the senior feel happy and safe. And while it may seem like a daunting conversation to have, coming up with an aging-in-place strategy can start with small, simple adjustments.

NEWS CANADA

+ PLAN FOR AN INDEPENDENT FUTURE

1. Have an open and honest conversation about everyone's definition of being happy at home. Caregivers and seniors have different perspectives on what a fulfilled senior life looks like. A recent study revealed that caregivers prioritize activity and exercise while aging seniors are looking for meaningful relationships and connection to those around them.

2. Easy-to-use aids like Philips Lifeline are a cost effective addition to aging-in-place. Products and services like the at-home Medication Dispensing Service, GoSafe's mobile pendant with two-

way voice capabilities and AutoAlert's fall detection enable longer, independent living. Technology aids are a great way to ensure a feeling of security at home.

3. As daily living for seniors continues to evolve, so do the supports needed both inside and outside the house, and from those that are providing care. In addition to technology aids, larger changes may also become necessary. Happiness in the home will be unique and tailored depending on the person, so it's important to keep in mind there is no one-size-fits-all solution. NEWS CANADA



Technology aids lend support for independent living. ISTOCK

Love where you live



25 years of Berkeley Care™



THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.



Plan ahead to make moving into less space easier. iStock

Start early to keep downsizing manageable

Family and years of memories filled up the house, but now it feels empty and it's too much work.

When it comes to downsizing, it's best to start early, said Colette Robicheau, organizing consultant and coach. She said people in their 50s, like her, should start getting their minds around it.

"One of the main challenges is people don't start early enough, they think it's just going to happen and they don't

want to think for any reason they would have to downsize."

But whether it's for health reasons, financial issues, being closer to amenities or family, or just simply wanting a smaller home, downsizing could be on the horizon.

Robichaud said first it's important to know how much space you'll have, decide what's necessary and how much room is left for sentimental items.

"So large sets of china that are really nice and have a

sentimentality with it, they're tough to take," she said. "A lot of people move too much stuff and they're stuck with a cluttered living space which is not even safe."

Here's a good idea: get the floorplan of your new space and stretch out painters tape on the floor of your home. This way you'll get a good visual of what you can move with you. And you may need to rethink your furniture, Robichaud said. For example, it might make more

sense for a dresser to be more vertical than wide.

Or if you're not ready to move yet, try living on one floor of your house to get used to living with less space.

Roy Thomas, seniors real estate specialist, said when you're ready to shop for a new space, first figure out what exactly you want and how much space you'll need.

"If you're going from a 3,000-square-foot house to a 1,000-square-foot apartment

then you've got to pretty much eliminate two thirds of things."

He said apartments are the most popular choice for downsizing in HRM because many people don't want the maintenance and like the freedom of locking the door and travelling.

And if you're thinking about buying a condo, Thomas recommended having a plan of how long you're going to be there. If you're selling it in two years, you might lose money on it, he said. JENNIFER TAPLIN

Don't put off financial planning

MONEY SENSE

Figure out what you want out of your retirement

Jennifer Taplin



The best advice for retirement planning is to avoid procrastination. iStock

There's plenty of advice out there when it comes to retirement planning, but most experts agree: don't put it off; the earlier the better.

Paul Wilson, a Halifax financial planner, said his best advice is to avoid procrastination and figure out what you want out of your retirement.

The key thing is to sit down with someone and pick a date, he said.

"The higher the achiever, the harder it is to get them to plan for retirement because they never think they're going to retire."

Wilson said he reminds clients like these — most likely entrepreneurs — they will not be buried with the business and

they have to let it go.

"They may throw money at something like RRSPs but it's hard for them to seriously plan. The tip for those who are self-employed and are 'never going

to retire' is to pick a transition point."

Pick an age or a date and then work up to it, Wilson suggested.

"What will make you happy

when you retire? And that's not just the money."

Since people are living longer, they have many more years of retirement than previous generations, said Paul Pothier, a consultant with Investors Group.

"The biggest piece of advice is the earlier you start the cheaper it is. If you want to retire with \$500,000, it's a lot easier to put

+ SAVING MONEY

Start early, said Greg Bonnell, president of the local chapter of the Financial Advisers Association of Canada, but also systematically put money away. "It's easy to get to RRSP season like it is now and say, 'jeez I can't come up with that \$4,000 or \$2,000' and that's going to be really tricky. But if you're putting aside \$50, \$500, or \$5,000 that's going to make the retirement savings perhaps a little less painful."

a little bit away at the age of 20 than a lot away at the age of 40," he said.

Pothier frequently asks his clients to think about how much money they will need each month when they retire, and gets them to draw up a budget that tracks current spending. This helps to see where they're spending their money now and make corrections, but also gives them target to shoot for in retirement.

Enjoy the outdoor season with Beltone, the clear choice for quality sound.

Book your Risk Free* Beltone 360° Hearing Evaluation™

We are pleased to provide you with the following opportunities:

- ✓ Risk Free* Beltone 360° Hearing Evaluation™ and demo of the latest technology.
- ✓ 500 Aeroplan Miles just for taking the test.
- ✓ If hearing aids are not necessary, we will tell you so.

SUMMER SAVINGS PACKAGES AVAILABLE ON CERTAIN MODELS

Toll Free: 1-800-565-3494

HALIFAX 422-4327 6589 Chebucto Rd	BEDFORD 835-3494 2 Dartmouth Rd	DARTMOUTH 469-3494 530 Portland St	WINDSOR 798-0952 53 Gerrish St
--	--	---	---

www.beltoneworld.com Helping the world hear better

*Aeroplan and the Aeroplan logo are registered trademarks of Air Canada Inc.
*Expires August 29, 2016. Audiometric reports available, fee applies. 0% financing available OAC. Some conditions apply. For details or to learn more visit any Beltone The Hearing Aid Centre locations or visit www.beltoneworld.com. VAC health identification cards accepted. WCB approved service provider.

Tara MacDonald Fit Club

FITNESS MEMBERSHIP SPECIAL!

AUGUST 16 - SEPTEMBER 16

16 Personal Training Sessions for the Price of 8!

ONLY \$248*

Stop in for a tour of the studio & ask about our VIP Program. View our group fitness schedule on Facebook and our website.

902-407-7502 ♦ 380 Pleasant St, Unit 8, Dartmouth

www.taramacdonaldfitclub.com

Studio Sponsors: Soles in Motion, One Call Paving and GroPro.ca

*Plus HST. Not to be used with any other offer. Includes training 2x per week plus free group fitness classes.

SERVING SENIORS
ALLIANCE CO-OPERATIVE

your trusted resource of caring dedicated professionals

It's all about trust.

One goal: to serve seniors better. Presentations, seminars and workshops. Leads, tips, referrals and advice to all.
Trusted resource to seniors and their families. Dedicated business professionals. Information on issues that matter.

Let us introduce you to a few of our trusted service providers shown below.
For a full list of Service Providers or for information on becoming a member of the Serving Seniors Alliance Co-operative please visit our website

Call or visit us online.
902-499-4122
www.serving seniors.info

Oh My Sole!
FOOTWEAR & ORTHOTICS

SORE FEET? TIRED LEGS?

Bracing • Compression • Sports Med
In Home Fittings

6061 Young St. Halifax • 902.423.8288 • ohmysole.com

Seniors Day!
LAST THURSDAY OF EVERY MONTH
DOUBLE DISCOUNT!

\$20 OFF Reg Priced Footwear + In-store Specials

Put your feet up and let our Footwear Specialist find the perfect 'FIT' for your lifestyle!

*In Stock Only *Some Exceptions

<p>ADVOCACY FOR SENIORS</p> <p>Add your name & voice to the over 350,000 other members across Canada including 8,000 in Nova Scotia by joining CARP.</p> <p>CARP Nova Scotia Chapter www.carpnovascotia.ca/ / 902-495-8284</p> <p>CARP is a national, non-partisan, non-profit organization committed to a "New Vision of Aging for Canada" promoting social change that will bring financial security, equitable access to health care and freedom from discrimination.</p>	<p>FITNESS & WELLNESS</p> <p> nordix ... the smarter way to walk.</p> <p>Nordic Walking Nova Scotia</p> <p>Genuine Nordic Walking Poles, Lessons & Supplies (902) 454-2267 www.NordicWalkingNovaScotia.ca</p>	<p>FUNERAL PLANNING</p> <p>Life Journey Funeral Planning "Your life your way."</p> <p> Ian MacDonald Independent Funeral Planner 902-221-2973 imacd@hfx.eastlink.ca</p>
<p>JUNK REMOVAL</p> <p> junkery THE ART OF JUNK</p> <p>MAINTAIN YOUR HOME ORGANIZATION CAN UNCOVER TREASURES OF MEMORIES AND MANY FIND IT UNUSUAL TO PART WITH THINGS WE UNDERSTAND AND OFFER CUSTOMER SERVICE AND RESPECTFUL SERVICE OF YOUR MEMORIES.</p> <p>902-455-JUNK (5865)</p>	<p>PRIVATE HOME FOR SENIORS</p> <p>Carter Senior Care</p> <p>A nice alternative to a nursing home.</p> <p>902-209-1314 www.carterseniorecare.ca</p>	<p>REAL ESTATE</p> <p>Century 21 TRIDENT REALTY LTD. Personal Approach Professional Service</p> <p> PAUL CONNORS 902-449-8252 paul.connors@century21.ca</p>



metro AGES

THE EVOLUTION TO SENIOR LIVING.

14 Wednesday, July 27, 2016

metro SPECIAL REPORT: METRO AGES

Helping to push others and create change



Trudie Helmke

Sometimes something as small as a mailbox can change the course of a life.

Over five years ago, Trudie Helmke was living at an apartment building on Spring Garden Road. The mailbox in the front of the building was going to be taken out to the inconvenience of many seniors who lived in the building, so Helmke started a petition.

"People said you can't stop them, they're going to do what

they want to do" she said. "But sure enough we got our mailbox back so that made me think maybe some things can happen."

Not long after, a disease called inclusion body myositis bound Helmke to a wheelchair and she moved into Northwood. The first thing she noticed was that many seniors were lonely and depressed.

"For example, there was one person who passed away here

and nobody knew if he had any family at all because nobody ever came to visit him," she said. "It's like people are dropped off at the door with their suitcase and that's it."

There are plenty of recreational activities at Northwood, Helmke said, but only a small part of the population participate. Many seniors need a push to go, and Helmke said she pushes a lot.

"It just really hit me and I

thought we have occupational therapy, physical therapy, nursing and all those sorts of things but we don't have anything for mental health."

A group of residents started working on the problem and with the help of the Mental Health Foundation of Nova Scotia and philanthropist Marjorie Lindsay, Northwood hired a therapist and started a mental health program.

"That program is full," she

said.

They also started an Optimistic Club and a program called Seeds of Success, which involves gardening, creative writing, and art, plus workshops on depression and anxiety.

Helmke is also an advocate for accessibility. Writing a flurry of letters over two years eventually paid off when the city put in a brick pathway in Hydrostone Park.

JENNIFER TAPLIN



This fully licensed Assisted and Long Term Care facility provides residents with top notch care, ensuring they are healthy, happy and secure!



11 Ramsgate Lane, Halifax

902-477-3135



Leave a Legacy that helps your children and grandchildren when they need the best health care in their community...

Let Your Legacy,
Be Our Legacy
cobequidfoundation.ca
902.869.6111



JUL 27 & JUL 28 & JUL 29 **60+ APPRECIATION DAYS**

Guests, 60 years of age or older receive 15% off their meal.



Long history of lawn bowls in Nova Scotia

HRM CLUBS

Nearly 300 years later, sport still strong among older people

Jennifer Taplin

When soldiers stationed in Annapolis Royal set up a lawn bowls green in 1734 — Canada's first — they probably didn't consider they had started something that would still be going strong 282 years later.

Lawn bowls has a long history in this province and in Halifax too. The Wanderers Amateur Athletic Club, which still exists,

started in 1887.

Alex Vance, with Lawn Bowls Nova Scotia, said the balls, or bowls, fit in your hand but they aren't completely round. They're shaved on one side so when it slows down, it takes a "bias" — like a pitcher's curve ball.

"Unlike alley bowling where you line up and fire the balls down the alley, with lawn bowls the idea is to get the bowls to stop on a dollar coin if you can, allowing for the amount of curvature or bend," Vance said.

"It's a complicated game and somebody once described it as a game where you can learn the basics in one hour and spend the rest of your life trying to perfect (it)."

There are four clubs in Metro: Wanderers, Saint Mary's, Dartmouth and Bedford. While the activity has declined nation-wide

over the last 30 years, Vance said membership at the HRM clubs has experienced a resurgence in the past few years.

"The sport appeals to older people and people who are retired because they have more time to allocate to this type of sport," he said. "The sport is easy on the body."

Bowlers cover a good distance walking back and forth on the green, but they don't realize the exercise because it's so gentle, Vance said. And for people who have trouble bending to pick up bowls, there are lifters to help with that.

Don Kelly, 66, used to drive past the Dartmouth Lawn Bowls Club on the way to work and he was always curious about the sport.

About four years ago, he retired. He stopped in at the club



Dartmouth Lawn Bowls Club. ANN MARIE SITEMAN

and has been playing there ever since.

"It can be very competitive or

it can be plain fun, you decide," he said. "What I enjoy a lot about it, is just the interaction between

myself and the other bowlers ... it's very social and the people are all great."

When you want to bang on your drum all day

Wilma Needham likes to tell people she needed to hit something so she took up drumming.

But actually she took a drum workshop, loved it and decided to join a brand new drumming group called Samba Nova. That was about 27 years ago.

Needham still loves it, still practices weekly with the non-profit group, and performs in parades, festivals and community events. Samba Nova is a Brazilian-style samba batucada band with 20-30 players tapping out rhythms on drums

big and small. The noise is a wave, which stops people in their tracks to listen, and tap a toe or two.

"I like Latin music and it's a very physical outlet and there's a lot of hitting things," Needham said, laughing. "It's quite therapeutic."

They mix traditional rhythms with modern ones, while sometimes throwing in a Celtic fiddle, a Newfoundland ugly stick (an instrument made from a mop handle, cans, and other noisy household items), and other surprises.



Samba Nova drumming group. CONTRIBUTED

John van Gurp said they call themselves a community band

since it's open to anyone regardless of their experience

or musical ability.

"We have an excellent leader and teacher with weekly practice sessions," he said. "We spend a fair bit of time working on our repertoire and it's very accessible for any skill level."

It's not hard to learn and they're a very forgiving bunch, van Gurp added.

The band is real mix of people and ages: there are 20-somethings playing alongside 70-somethings.

"We've had people as young as 14 and our oldest member is possibly 80," van Gurp said.

"The music pulls people together because of the common love of making rhythm together in a group and that's a very special feeling."

van Gurp, 56, said he's been in Samba Nova for 12 years. He was at a fundraiser when he became mesmerized by music he had never heard before.

"I was watching these people having so much fun playing this music I've never experienced," he said. "I knew right then and there I had to be a part of this band, so I've never looked back." JENNIFER TAPLIN

YOU CAN'T AFFORD NOT TO HEAR.



LIMITED TIME OFFER
\$750 each*

- Perfect for first time users • Sounds natural •
- Comfortable to wear • Easy to remove •
- Ready to go in one visit •

Expires 08/31/16. Cannot be combined with any other discounts. Individual results may vary based on your ear's anatomy. AMP may not be suitable for all losses.

Introducing AMP, the Invisible Personal Amplifier you CAN afford.

AMP fits snugly inside your ear canal where no one can see it. It's comfortable, easy to remove and affordable.

The personal amplifier for people who aren't ready for a hearing aid.

Book your FREE Consultation Today!

Provincial Hearing

Family owned and operated for over 45 years.

Dartmouth 114 Woodlawn Road

Halifax Suite 100, 7105 Chebucto Road

Fall River Suite 203, 3301 Highway #2

Hammonds Plains 2120 Hammonds Plains Road



Cole Crouse
BC-HIS, Owner

1-877-390-3888 • provincialhearing.ca





Mooove over conventional dairy

WATER BUFFALO

A boom in an unusual milk is being driven by foodie culture

Genna Buck
Metro Canada



At Gerry McClintock's home, buffalo roam.

Business is booming at his family dairy farm near Courtenay, B.C. — but not thanks to conventional dairy cows.

He raises water buffalo: docile, river-dwelling dairy animals of South Asian origin; not to be confused with North American bison or African buffalo — you'd be wise not to try milking either of those.

He's milking a growing market for products made with rich, creamy buffalo milk.

In the five years he's been in business, growth has been strong and steady at about 10 per cent a year, until now.

"Recently it's really started to take off," McClintock said. "We're expecting growth in the 30 per cent range this year."

About half his milk is made into yogurt even thicker than the Greek type, because it's so high in fat and milk solids and naturally exists in a homogenized state.

The rest is sold to producers of cheeses including mozzarella di bufala, an ultra-creamy Italian delicacy that's particularly tasty in a Caprese salad with tomatoes and fresh herbs.



Water buffalo from the McClintock family's herd near Courtenay, B.C. CONTRIBUTED

Georgs Kolesnikovs, founder and director of the Great Canadian Cheese Festival, is a fan.

"Buffalo milk makes an exceptional cheese. It's porcelain white. It's a richer, fattier cheese than cow's milk and the taste is a richer dairy taste," he said.

And nothing, he said, compares to buffalo ice cream: "The first time I had ice cream with water buffalo, I asked, 'What is this? This is just heavenly!' Very

creamy, very rich, very white."

Kolesnikovs, too, has witnessed a buffalo boom. "When I started the first cheese festival in 2011, I think I could count the number of cheese producers using this milk on one hand. There were maybe two or three," he said. "Now there are probably two dozen."

Why? Growing interest in gastronomy.

"It's driven by the real cheese enthusiasts, the foodies. They

want something better, more natural, healthier, more local."

McClintock recognized the demand for the types of products he produces: with no additives or imported ingredients, using animals that are 100-per-cent grass-fed.

But there's another reason he got into the buffalo business after years as a beef farmer. His daughter studied dairy farming and had wanted to get cows, but the amount the family

NUTRITION COMPARISON

Per 100g of milk

Cow's milk

Calories 62
Protein 3.3 g
Fat 3.3g
Calcium 112 mg

Buffalo milk

Calories 99
Protein 4.0g
Fat 7.5g
Calcium 191g
U.N. FOOD AND AGRICULTURE ORGANIZATION



Mozzarella di bufala is a creamy Italian cheese made with buffalo milk. A version is now being made in Canada. ISTOCK

would have to pay for a quota — a one-time fee of \$43,000 per animal, according to the B.C. milk marketing board — "didn't make economic sense."

And buffalo yogurt and cheese, still niche items and mostly handmade, command a premium price, as opposed to commodity-priced cow's milk.

Still, Kolesnikovs doesn't expect Buffalo stuff to sell on par with conventional dairy any time soon. There's still a large

group of Canadians who are icked out by buffalo dairy — possibly because it's "exotic" and unfamiliar.

They might warm up to the idea after meeting a water buffalo in person. Compared to cows, they're positively cuddly, with personalities, "just like a dog," according to McClintock.

"Supposedly they make wonderful pets, if you want a 2,000-pound pet," Kolesnikovs said.



JOHANNA SCHNELLER WHAT I'M WATCHING

A sketch show that knows when to keep it short



The women of the Baroness von Sketch Show. CONTRIBUTED

THE SHOW: Baroness von Sketch Show, Season 1, episodes 3, 4, 5

THE MOMENT: The short sketches

Episode 3: The title card reads, "Moms Say Hello." One by one, various moms knock on back doors, pass each other walking, answer phones, tentatively open basement doors. Each time, they trill "Helloooo" or "Hellow?" or "Heh-LO!"

Episode 4: Four office mates finish digging a grave, then roll in a wrapped corpse. "Stop crying," one says to another. "We all agreed: F— Tom, marry Jane, kill Todd. Now call Tom, he's going to be so excited."

Episode 5: A woman approaches her very pregnant friend. "May I touch?" she asks. "Go ahead," the friend replies. The woman reaches out and squeezes her friend's breasts. "So beautiful, what a miracle,"

she coos.

The CBC wisely renewed this series almost immediately after it began airing. Rejoicing abounds. The sketches are consistently fresh and funny, and here's one big reason why: writer/performers Carolyn Taylor, Meredith MacNeill, Aurora Browne and Jennifer Whalen understand that some sketches are meant to be brief.

That may sound simple, but it eludes too many comedy

shows, including the granddaddy, Saturday Night Live. How many times have you laughed at an SNL sketch as it began, only to feel your smile fade as it drags on?

The Baronesses don't belabour. This frees them up to cram the maximum amount of funny into 22 minutes. And as a viewer, you get to relax, because you know that if a bit goes longer — unlike the trio in Episode 5 who do an

intervention with a pal who can't tell a story right — it's worth it.

Baroness von Sketch Show just wrapped its first season on CBC-TV, but you can watch episodes online on the CBC website.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

FARMING

Ontario pair is growing tropical fruit in the north

Terry Brake was in a car crash 11 years ago that left him with a brain injury and forced him to quit his job as a mechanical engineer. He had to relearn how to walk and talk, and was unable to work longer than two hour stretches.

As part of his therapy, Brake was given a banana plant from his South African doctor to help relax him. That gesture planted an idea. When his longtime caregiver Laurie Macpherson bought a 40-hectare farm in Huron County the idea took seed. They became business partners and started a tropical fruit farm.

Growing bananas and papayas in Ontario's climate would appear to be an impossible endeavour without a sophisticated laboratory and team of horticulturalists. However, the two simply started seeding and graphing plants on their own and with lots of trial and error, it took root.

The cost of bananas is four for \$2 while papayas are \$3 each, compared to the average of \$1.20 and \$6 respectively at the big supermarkets.

Located in Blyth, about a three-hour drive west of Toronto, Macpherson and Brake needed a career change when they start-



Terry Brake and Laurie Macpherson have started a tropical fruit farm in Blyth, Ontario. ISTOCK

ed the farm in 2010. The locals were skeptical when word got out they were growing bananas.

"We've been accused of growing pot or we were getting it from the food terminal," says Macpherson, who was previously a law clerk for 25 years.

"So we had open houses, asking them to come in and see it for themselves."

A cluster of 10 banana trees with broad, fragrant leaves hits you in the face as you step deeper into the hoop house, essentially a giant plastic tent with metal arches grounded by wooden planks. The bananas are still green and won't be ready for market for another week, but

Macpherson goes into her house to fetch a plate of Lady Fingers, a type of fat little bananas with thick skins, that's sweeter than the Cavendish, the variety produced for export markets.

A circular path along the perimeter of the house is dotted with pineapple plants, long spiky leaves poke your ankles as you walk past trees sprouting guava, papaya and oranges. Brake, who acts as the farm's administrator, plucks a leaf from the lemon tree for me to smell. The scent was more intense than lemon zest.

"Our dream is to see growing everywhere and not have to depend on other countries and employ local people," says

Brake. "We don't need to rely on boats or planes and we can have better tasting fruit that would otherwise rot during transport."

"We travel to the Dominican Republic and get tips from the plantations there. We also made a friend in Jamaica who works at a resort and showed us how to graph and grow the plants," says Macpherson. "We also learned that orange trees have to be constantly trimmed before they bear fruit, and that lemons have to be picked before they turn yellow or else they rot quickly."

This year, they're introducing lychee, starfruit and passionfruit. The one crop that failed to flourish? Coconut. The cold-sensitive

tree didn't survive the winter and the two thought it was too much trouble to replant it.

But how do the rest of the plants fare since Ontario is far from having a tropical climate? When temperatures start dipping, the hoop houses are heated by an outdoor furnace fuelled by wood cut down on the farm's property. "We do select cutting," says Brake. "We have loggers cut trees from an area and we don't cut from it again for 20 years. We noticed in the last six years, our maple trees have gotten bigger because they have more room to grow now."

The duo's efforts aren't being universally praised by the com-

FRUITS OF THEIR LABOUR

Here's just a few of the fruits that Brake and Macpherson have grown:

- Bananas
- Papayas
- Pineapple
- Oranges
- Lemons

munity, however. The farm is currently facing multiple charges from the Township of Huron and Huron County as well as a single charge from the Maitland Conservation Authority for allegations including failure to obtain permits for its hoop houses as well as altering the wetland and clear-cutting on their property.

When contacted for a statement, The Township of Huron and Maitland Conservation Authority said they cannot comment on matters regarding ongoing cases.

Brake and Macpherson are scheduled to go to pretrial with the conservation authority in December and the next court date with the township is in October.

Brake is optimistic that the legal hurdles will clear by the end of the year. The two hope to expand operations and build 100 hoop houses on the property next year so they could reach other markets in Ontario like the GTA.

"The county put us in a pickle but we're here to stay," says Macpherson.

TORSTAR NEWS SERVICE



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Chocolate milk

Make sure your milk isn't dessert in a bottle!

PICK THIS

Chocolate milk (237ml)

Calories 150
Fat 2.5g
Sugar 24g



SKIP THIS

Cadbury Caramilk Caramel Chocolate Milkshake (310ml)

Calories 300
Fat 7g
Sugar 47mg



HERE'S WHY



Equivalent to a medium Chocolate Dipped Cone from Dairy Queen in sugar

Chocolate milk is a favourite of kids and adults alike, and is seen as a fairly healthy way to get in one's milk intake. It gives you eight grams of good quality protein, and if you're working out intensely the carbohydrates help replace lost glycogen that gives you energy. If you're going to enjoy a chocolate beverage, make sure it's regular lower fat chocolate milk and not a liquefied chocolate bar! The Cadbury Caramilk Caramel Chocolate Milkshake is not a milk alternative — it's got double the calories, fat and sugar.

CONSUMING

Shop local on Food Day Canada

Anita Stewart wants people to prepare Canadian food — it keeps the country's producers and processors in business and defines our culinary identity — and decided to lend a helping hand.

She has compiled a list of 100 per cent Canadian ingredients that can be used to set the table, especially on Food Day Canada, an annual culinary party spearheaded by Stewart since 2003. This year's edition takes place Saturday. Stewart says the event is a chance for Canadians to celebrate and support the country's food producers. She expects some 250 restaurants across the country to mark the occasion.

Her shopping list has 149 items on it, to mark one year till Canada's sesquicentennial.

"If I tell people to cook like a Canadian I have to tell them how to shop like a Canadian and it seemed to me it was becoming more and more difficult to figure out exactly what is on the shelves and farmers markets," says Stewart, who is the food laureate at the University of Guelph and a member of the Order of Canada for promoting Canada's culinary identity.



Shop Canadian for Food Day Canada. THE CANADIAN PRESS

Part of the difficulty is the way food is labelled. According to the Canadian Food Inspection Agency, a "Product of Canada" label means that all, or nearly all, of the food, processing and labour used to make the food is Canadian. The ingredients were grown or raised by Canadian farmers and prepared and packaged by Canadian food companies. But when it comes to "Made in Canada," it can get confusing. "Made in Canada from domestic and imported ingredients" on a food label means a Canadian company was involved in some of the preparation of the food and it contains some food grown by Canadian farmers and some that's been imported.

THE CANADIAN PRESS

LIQUID ASSETS

Vinho Verde perfect for summertime sipping

It's summertime and the drinking should be easy, with light, fruity reds and cool, crisp whites your go-to wines when the heat is on. Though the list of whites staking claim to the title of the quintessential summer sipper is long, for me those from the Portuguese region of Vinho Verde (which translates to green wine) deserve the crown. Located in the north western part of the country and stretching along the Atlantic coast,

Vinho Verde grows close to 20 different white grape varieties which are mixed and matched to create a diverse array of wines. Typically low in alcohol with a slight hint of effervescence and bright acidity wines like Sogrape's Gazela Vinho Verde (\$9.05-\$12.99) are a natural match for warm days and seafood heavy menus. PETER ROCK-WELL/METRO





EMPLOYEE PRICING IS HERE

YOU PAY WHAT WE PAY*.

LEASE THE 2016 FOCUS SE

\$96[†] EVERY 2 WEEKS

0% APR

60 MONTHS

\$1,645 DOWN

INCLUDING
\$1,526 EMPLOYEE PRICE
ADJUSTMENT

OFFER INCLUDES \$1,700 IN FREIGHT AND AIR TAX.

FEATURES:

- SYNC[®] ENHANCED VOICE RECOGNITION[†]
- AIR CONDITIONING
- REAR-VIEW CAMERA[‡]
- AUTOMATIC TRANSMISSION
- CRUISE CONTROL[‡]

THAT'S LIKE
\$48**
A WEEK

Kelly
Ford of Canada,
Human Resources



Get your employee price at findyourford.ca or drop by your **Atlantic Ford Store** today.

IT'S **EASY** TO
GET INTO A **FORD**

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). * Ford Employee Pricing ("Employee Pricing") is available from July 1, 2016 to September 30, 2016 (the "Program Period"), on the purchase or lease of most new 2016/2017 Ford vehicles (excluding all chassis cab, stripped chassis, and outaway body models, F-150 Raptor, F-650/F-750, Shelby® GT350/GT350R Mustang, Ford GT, and Focus RS). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Union-/CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. † Until September 30, 2016, lease a new 2016 Focus SE for up to 60 months and get 0% APR on approved credit (QAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2016 Focus SE with a value of \$19,378 (after \$1,645 down payment or equivalent trade in and Employee Price Discount of \$1,526 deducted and including freight and air tax charges of \$1,700) at 0% APR for up to 60 months with an optional buyout of \$6,990, monthly payment is \$207 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of \$95.66), total lease obligation is \$14,065. Interest cost of leasing is \$0 or 0% APR. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Lease offer excludes options, license, fuel fill charge, insurance, dealer PDI, PPSA (if financed or leased), administration fees, and taxes. Some conditions and mileage restriction of 80,000km for 60 months applies. Excess kilometrage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. ** See lease offer legal marked with † symbol for monthly and bi-weekly payment lease offer details. Comparison payments are for reference purposes only and are calculated as follows: the monthly payment is annualized (multiplied by 12) and then divided by the comparison period (26 for bi-weekly, 52 for weekly and 365 for daily). For example (\$299 x 12) / 26 bi-weekly periods = \$138, /52 weeks = \$69, /365 days = \$9.83. ‡ Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. † Some mobile phones and some digital media players may not be fully compatible. Don't drive while distracted. Use voice-operated systems when possible; don't use handheld devices while driving. SYNC with voice recognition and screens available in English, French and Spanish. Some features may be locked out while the vehicle is in motion. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

SiriusXM

Available in most new Ford vehicles with 6-month pre-paid subscription.



An almost stress-free drive



REVIEW

New Fusion's features help take the pressure off



Jodi Lai
AutoGuide.com

My ex used to drive a Ford Fusion, so naturally, I don't have the best memories of it. I still get anxiety when I see an older version of the popular family sedan on the road in grey — although thankfully the latest edition looks and feels different enough that it doesn't give me anxiety!

Ford is trying to take the anxiety out of everyone's daily commute by giving the 2017 Fusion a more upscale look and massive upgrades.

Probably the most significant and stress-reducing improvement to the Fusion is the availability of an entire suite of driver assistance features: Active lane-keep assist, adaptive automatic high-beams, adaptive cruise control with stop and go traffic assist, automatic emergency braking with pedestrian detection, cross traffic assist (which can see cars up to 10 car lengths away), rear view camera, driver drowsiness alert, blind spot monitoring, and a new parking assistant that can park in parallel and perpendicular spots as well as help you exit a parking spot (both new features).

The best part of Ford's driver assistance tech is how intuitive and unobtrusive it is to use. The adaptive cruise control in par-

ticular was smooth and natural feeling. The fact it comes with stop and go, unlike many other cars with adaptive cruise, is a huge bonus that helps relieve the monotony of traffic jams.

Ford has gone to great lengths to ensure the Fusion's interior is smarter and more luxurious than before. You can even get quilted leather and ventilated seats if you want, and the interior punches above its price point. Perhaps the best change to the interior is the center console: the maddening touch-sensitive buttons are gone in favour of real, tactile buttons.

I spent most of the time driving in a Fusion equipped with the 2.0L engine, which exhibited a fair amount of turbo lag and had a tough time mustering the strength to do a pass on the highway. It should be sufficient for most drivers, but it definitely doesn't make the Fusion feel sporty.

The 2017 Ford Fusion gets updates that make it extremely competitive in the family sedan segment, which is still seeing huge sales despite the popularity of crossovers. Besides looking more luxurious on the outside and offering more luxurious trims on the inside, the most impressive update to this new Fusion is all the tech it gets.

There is a lot to be anxious about in today's world — bumping into exes, performance evaluations at work, worrying about how you will be judged for binge watching the entire latest season of Game of Thrones in one sitting — but the 2017 Ford Fusion does a really good job as a stress-reliever, and we need more of that in our frantic lives.

THE CHECKLIST | 2017 FORD FUSION

THE BASICS

Engine: 2.5L 4-cyl/1.5L EcoBoost 4-cyl/2.0L EcoBoost 4-cyl/2.7L EcoBoost V6
Power: 175 hp, 181 hp, 245 hp, 325 hp
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 10 city, 7 hwy (1.5L)
Price: Starts at \$22,481



LOVE IT

- Clean, Functional Layout
- Great Driver Assistance Tech
- Stylish Look

LEAVE IT

- Feels Too Big
- Not Terribly Sporty

ENVIRONMENT

BMW 7 series lineup expands with plug-in hybrid variants



Jason Siu
AutoGuide.com

BMW has officially introduced the plug-in hybrid variants for its flagship sedan.

Borrowing technology from its i sub-brand, the BMW eDrive drive system technology is heading to the 7 Series in three forms: BMW 740e iPerformance, long-wheelbase BMW 740Le iPerformance and BMW 740Le xDrive iPerformance.

All three models feature a latest-generation four-cylinder

turbocharged engine paired to an electric motor to provide a total system output of 326 horsepower and 550 kilogram-metre of torque.

On the EU test cycle, the 740e iPerformance and 740Le iPerformance models have an all-electric range of 43 to 48 kilometres, while the all-wheel-drive xDrive variant returns 40 to 45 kilometres of all-electric driving.

Mated to the hybrid powertrain is an eight-speed Steptronic transmission that promises to deliver "outstanding

internal efficiency, top-class shift dynamics and shift comfort and a compact construction," according to BMW.

Available as an option are gearshift paddles.

All told, the standard 740e iPerformance is capable of hitting 100 kilometres an hour from a standstill in 5.4 seconds, while the long-wheelbase 740Le model does it 0.1 seconds slower.

The xDrive variant is slightly quicker at 5.3 seconds.

An eDrive button will allow the driver to choose between

settings, with the Auto mode focusing on maximizing range, but will engage the gasoline engine at 80 km/h or under at heavy throttle.

The plug-in hybrid 7 Series models will come standard with auxiliary heating and cooling, which allows owners to prepare the cabin's interior temperature in advance.

The German automaker confirmed that the BMW 7 Series iPerformance plug-in hybrid will arrive in the U.S. this August with a starting price of \$90,095 U.S.



The plug-in hybrid 7 Series models will come standard with auxiliary heating and cooling. CONTRIBUTED

Hackers offered cash reward



WRANGLER CONCEPT

Jeep celebrates military heritage

A unique commemorative Jeep Wrangler 75th Salute concept vehicle has been announced. Jeep has a rich history dating back to 1941, when the name symbolized a unique family of go-anywhere, do-anything vehicles, a spirit the brand is trying to capture in this concept. The one-of-a-kind Jeep Wrangler 75th Salute concept is a modern interpretation of the Willys MB and is based on a two-door Wrangler Sport. On the outside, it has received an olive-drab paint scheme.

JASON SIU/AUTOGUIDE.COM



OLE YELLER

Tribute to a fighter plane

Say hello to the Ole Yeller Mustang, a tribute by Ford to an iconic fighter plane. This one-off Mustang will be sold at auction with benefits going to the Experimental Aircraft Association's youth education program, including the Young Eagles, a program which provides free intro flights to young people. A custom yellow paint job along with Ole Yeller accents and badging are fitted to set this car apart.

STEPHEN ELMER/AUTOGUIDE.COM

GARIA GOLF CAR

The Mercedes of golf carts

If you have ever wanted to stand out on the golf course, Mercedes-Benz has the perfect tool for you. The German automaker has revealed the Mercedes-Benz Style Edition Garia Golf Car, as an attempt to reinvent the world of the golf cart. The company calls it a "real sports car," and it's the result of a collaboration between Mercedes-Benz designers, Daimler's Think & Act Tank Business Innovation and golf cart manufacturer Garia.

Three years ago, Mercedes-Benz called on golf and automobile enthusiasts from around the world to submit their ideas for a Mercedes-Benz golf cart of the future. Through the process, the automaker found that golf carts have been unchanged for decades, and the designs submitted showed that the golf cart was long overdue for a makeover. The best submissions from the competition actually spurred the process for Mercedes to develop the golf car. Featuring short front and rear overhangs, the company says it slightly resembles a baseball cap, helping make it look low and sporty.

JASON SIU/AUTOGUIDE.COM



WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

- 6 Twenty 21: Ride
- 5 DJ Khaled ft. Drake: For Free
- 4 Adele: Send My Love
- 3 Meghan Trainor: Me Too
- 2 Kygo ft. Miley Cyrus: Stay
- 1 Fifth Harmony ft. Fetty Wap: All In My Head

101.3
BOUNCE



1013TheBOUNCE.com 1013TheBounce



INCENTIVES

FCA gives money to hackers that expose security risks

Fiat Chrysler Automobiles is taking a page from Tesla's book by offering hackers a cash prize for discovering potential cyber security weak points. Called the FCA U.S. bug bounty program, hackers will receive at least \$150 and up to \$1,500 per bug discovered, with the compensation amount depending on the impact and severity of the discovery. FCA has teamed up with bugcrowd, an existing network that includes thousands of hackers worldwide, all trying to discover issues in cyber security. Last year, a Jeep Cherokee was remotely hacked by a team of researchers who were able to control many of the vehicle's functions, from the HVAC controls to the brakes. More recently, a thief was shown starting a Jeep Wrangler using only a laptop.

STEPHEN ELMER/AUTOGUIDE.COM

"I could change that into an A-plus on Sunday": Rory McIlroy who has given himself a "B" on the season heading into the PGA Championship

Jays add depth in outfield

MLB

Upton acquired in trade with San Diego

The Toronto Blue Jays addressed two needs with one deal Tuesday by acquiring Melvin Upton Jr. from the San Diego Padres for a low-level pitching prospect.

Upton's addition gives the team a quality veteran backup outfielder for the stretch drive and also provides stability next year in the event of free agency departures.

General manager Ross Atkins said he started talking with the Padres when right-fielder Jose Bautista suffered a toe injury in mid-June.

"What attracted us to (Upton) was several things: the defence at all three positions, speed, base-running, base-stealer, power, versatility and depth," Atkins said. "So I feel great about some of the pieces in the minor leagues, but adding him to our major-league team now and having another year of control seemed to make sense for us."

The Blue Jays also received cash from San Diego in return for 19-year-old Hansel Rodriguez, who's in his third season with Bluefield in the rookie-level Appalachian League.

Upton, 31, had a .256 batting

average over 92 games with San Diego. He hit 16 home runs and had 45 RBIs, 20 stolen bases, a .304 on-base percentage and .439 slugging percentage.

In his Jays debut, Upton made a pinch-hit appearance against his former team on Tuesday night in Toronto and grounded into a fielder's choice.

"He's having a nice year," said Blue Jays manager John Gibbons. "So we think he'll add something."

Bautista returned Monday night after missing over five weeks of action. Michael Saunders is enjoying an impressive season in left field and Kevin Pillar is the everyday centre-fielder.

Upton said he hadn't yet talked to Gibbons about his defined role on the team.

"He said I was going to play, that we didn't bring you here just to have you here, that I was brought to the team to (help them) win," Upton said. "What that might be, I don't know. From what I understand, I'm going to be seeing a lot of lefties. I'm good with that. And whatever else he needs me to do, I'm up for it."

Upton is particularly strong against left-handed pitchers and could be slotted in at the leadoff spot if needed. Barring injury to one of the regulars, he'll likely be used as a late-inning replacement or when a starter needs



Melvin Upton Jr. takes the field during batting practice wearing his new colours.

STEVE RUSSELL/TORSTAR NEWS SERVICE

a rest day or is moved into the designated hitter spot.

Bautista and Saunders are in the final year of their respective contracts. Upton, meanwhile, is in the fourth year of a \$75.25-million US, five-year deal he signed with Atlanta before the 2013 season.

Upton will earn \$16.45 million next year. Atkins declined comment on financial details but reports indicated the Padres will pay about three-quarters of Upton's remaining salary.

Upton was selected by Tampa Bay with the second overall pick in the 2002 draft and made his big-league debut with the Rays in 2004. THE CANADIAN PRESS

WITH FILES FROM THE ASSOCIATED PRESS

Toronto spins wild pitch into walkoff

Devon Travis scored on a wild pitch in the bottom of the 12th inning, as the Toronto Blue Jays came from behind to beat the San Diego Padres 7-6.

Travis scored on a wild pitch from San Diego reliever Paul Clemens, who also walked two batters in the final inning. The Blue Jays (57-44) also manufactured a run in the seventh inning aided by wildness from the San Diego bullpen, with reliever Brad Hand walking two batters and throwing two

TUESDAY In Toronto



wild pitches.

Travis's run capped a wild 12th inning. The Blue Jays went into the bottom half trailing 6-4, but Kevin Pillar and Darwin Barney scored ahead of Travis.

THE CANADIAN PRESS

DOPING SCANDAL

Russian ban tally reaches 85

At least 85 athletes from the 387-strong Russian Olympic team announced last week have so far been barred from the Rio Games in connection with the country's doping scandal.

International federations in canoeing and modern pentathlon ruled out seven on Tuesday, including an Olympic gold medalist, following earlier rulings in swimming and rowing. Some appeals are likely.

Russian President Vladimir Putin's spokesman Dmitry Peskov told Russian media that Putin had discussed the doping issue with his national security council.

"The topic of the recent International Olympic Committee ruling relating to Russian athletes was raised ahead of Putin's planned meeting tomorrow with the Russian Olympic team," Peskov was quoted as saying.

The vast majority of the Russian athletes who will miss out are in track and field, where 67 athletes were ruled out when a ban on the Russian team was upheld at the Court of Arbitration for Sport last week.

More are falling foul of new rules imposed in the wake of the country's doping scandal.

While Russia avoided a blanket ban from the International Olympic Committee, it has lost several medal contenders to new IOC rules imposed Sunday banning Russia from entering athletes who previously doped.

THE ASSOCIATED PRESS

Im excited to join my new @BlueJays teammates today and can't wait to help continue the winning tradition that's been built here. #letsgo @MelvinUptonJr

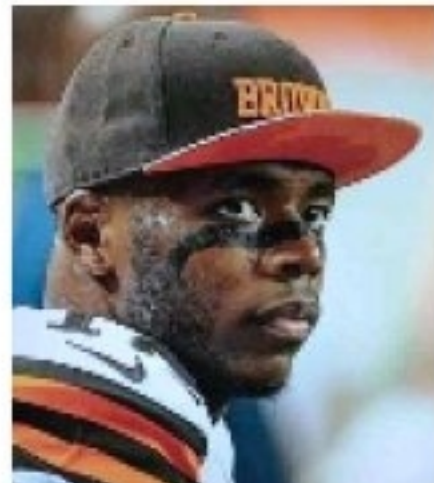
NFL

Gordon's comeback catches quad injury

Josh Gordon's return to football has been sidetracked again.

The oft-suspended Browns wide receiver, who was reinstated on a conditional basis by NFL commissioner Roger Goodell on Monday, has a quadriceps injury that will keep him out of training camp for at least two weeks.

It's a new setback for Gordon, who hasn't played since 2014 and was suspended all of last season for multiple drug violations. THE ASSOCIATED PRESS



Josh Gordon GETTY IMAGES FILE

IN BRIEF

Packers' Nelson not worried about latest knee setback

Green Bay Packers receiver Jordy Nelson, who is starting training camp on the physically unable to perform list, says he had a minor issue with his left knee this off-season.

Nelson called it a "little hiccup," and that he wasn't worried about it. Coach Mike McCarthy also says he has no long-term concern with Nelson's health.

Nelson missed the entire 2015 season with a torn right ACL. THE ASSOCIATED PRESS

Stoudemire calls it quits

Amare Stoudemire has retired from the NBA after signing his final contract with the New York Knicks.

Stoudemire's greatest team success came in Phoenix as Steve Nash's pick-and-roll partner, but he chose to leave the NBA as a member of the Knicks, the team that had a lengthy playoff drought that ended after he signed there in 2010.

Stoudemire was a six-time all-star. THE ASSOCIATED PRESS

ROGERS CUP

Bouchard rallies in crucial tiebreaker

Eugenie Bouchard reconnected with her hometown fans with an impressive first-round victory at the women's Rogers Cup in Montreal on Tuesday.

A large crowd at Uniprix Stadium was solidly behind the Westmount, Que., native throughout her 6-3, 3-6, 7-6 (3) win over Lucie Safarova, the pre-match favourite.

ite ranked 28th in the world to Bouchard's 41st.

They roared as Bouchard came back from a 3-1 deficit in the tiebreaker with six straight points for the victory.

It did not go so well for Aleksandra Wozniak of Blainville, Que., who lost 6-4, 7-6 (4) to Italy's Sara Errani. THE CANADIAN PRESS

DOUBLES DUTY
Bouchard and partner Carol Zhao lost their doubles match 2-6, 2-6 to Raquel Atawo and Abigail Spears.

APARTMENTS

NEWLY RENOVATED UNITS

1, 2 & 3 BR units

Located on Churchill Crt & Roleika Dr. Dartmouth

Close to Schools, Buses and All Amenities!

1 Bedroom now \$575

2 Bedroom now \$620

2 Bedroom + Den now \$809

3 Bedroom now \$809

Call today 902-462-3544 or 902 830-4851

PineRentals@gmail.com

Belmont Court Apartments

Completely renovated, spacious apartments with large balconies near everything Cole Harbour has to offer!

Clean & Quiet
Dedicated Parking
On-site Laundry

Affordable Rates
On-site Superintendent
Great Neighbours

957 Cole Harbour Road, Dartmouth
902-425-5777 • belmontcourt.ca



Living
Excellence



THE ABIGAIL

Open House 10am - 6pm Daily • 56 Jacob Lane, Bedford
Call 902-402-2591 or visit universalgroup.ca



THE HUNTINGTON

58 Holtwood Court, Dartmouth (off Baker Dr.)

PREMIUM AMENITIES

- Spacious 2 Bedroom & 2 Bedroom plus Den Suites from 995 to 2,170 sq. ft.
- Six Full Size Appliances (Incl. Self Cleaning Oven)
- Large Balconies
- Granite Countertops
- Guest Suite
- Fitness Room
- Cat & Small Dog Friendly
- Deluxe Residents Lounge
- Rooftop Terrace
- Underground Parking
- Indoor Car Wash Bay

NOW RENTING

6 Floors of Breathtaking Views and the Latest in Luxury!



Tel: 1-888-236-7767
Email: rentals@cpliving.com

WINDSOR, NS

490 WILEY

Bach, 1, 2 & 3 BR
From \$569

Heat, Hot Water, Cat Friendly, \$200 Gift Card & Early Incentive
902-402-1518
902-791-0232

HOME HEATING

Heat Pumps from \$33/mth

Nova Scotia Power
On Bill Financing



902-444-7870

Halifax | Dartmouth
Sackville | HRM

MASSAGE THERAPY

John Panter,
Certified Rolfer™



Are you tired of chronic pain...?

902 425 2612 • fareast@auracom.com

FINANCIAL



credit700.ca

\$750 Loan and more

No credit check

Open 7 days from 8 to 8 (EST)

Call us or apply online

1-855-527-4368
www.credit700.ca

EMPLOYMENT

MANAGER/COOK GENERAL STAFF
(Hubley, Downtown Halifax, Dartmouth & Cole Harbour)

Benefits Available
Food Safety Course
Criminal Check Required
M-F • 9am-4pm
Phone: 902-483-1336
Send resume to:
cindy@chadwickfoods.com

ABLE MOVERS

DRIVERS/HELPERS WANTED

CALL TODAY
902-471-9733
Free estimates • Insured

INSURANCE BROKERAGE



Every Policy Comes with a Person You Can Count On



Gerrie Blair
Agent



Danielle Jean
Agent



Donna Byers
Agent

Contact us today: Bedford Agency • 181 Damascus Road • 902-700-9637

Trademark owned by Allstate Insurance Company used under license by Allstate Insurance Company of Canada. ©2016 Allstate Insurance Company of Canada

26675-06/16

SIGNAGE COMPANY

NEW CENTURY SIGNS

ALL TYPES OF SIGNS & VEHICLE WRAPS
NCSIGNS.CA • 902-455-3001

MARKING THIS AD MAY INCREASE YOUR CREDIBILITY

RECIPE Chicken with Black Bean and Corn Salad



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



This dish is a dinner trifecta thanks to a simple marinade, flavorful salad and 20-minute cook time.

Ready in

Prep time: 10 minutes
Cook time: 20 minutes
Makes: 4 servings

Ingredients

- 2 chicken breasts
- 2 cups (475 ml) fresh or frozen (thawed) corn kernels
- 1/2 cup finely chopped red onion
- 2 cups (475 ml) cooked black beans, rinsed and drained
- 1 red bell pepper, cored, seeded and chopped
- 1/3 cup (80 ml) cilantro leaves, finely chopped
- Marinade**
- 2 Tbsp (30 ml) fresh lime juice
- 1/4 cup (60 ml) olive oil
- 1 Tbsp (15 ml) honey
- pinch salt and pepper

Dressing

- 2 Tbsp (30 ml) fresh lime juice
- 2 Tbsp (30 ml) olive oil
- 1 tsp (5 ml) honey
- Pinch salt and pepper

Directions

1. Preheat your grill. Place your frozen corn in a bowl to thaw.

2. In a bowl, whisk together your marinade ingredients. Use about 2/3 of it to coat your chicken.

3. Rinse onions and place in bowl with black beans, red pepper and cilantro. Mix the dressing and pour over mixture. Stir in the corn.

4. Grill the chicken for 10 minutes over medium/high heat. Flip and grill for 10 more. Serve chicken with the mixture. Top with cilantro and a squeeze of lime.

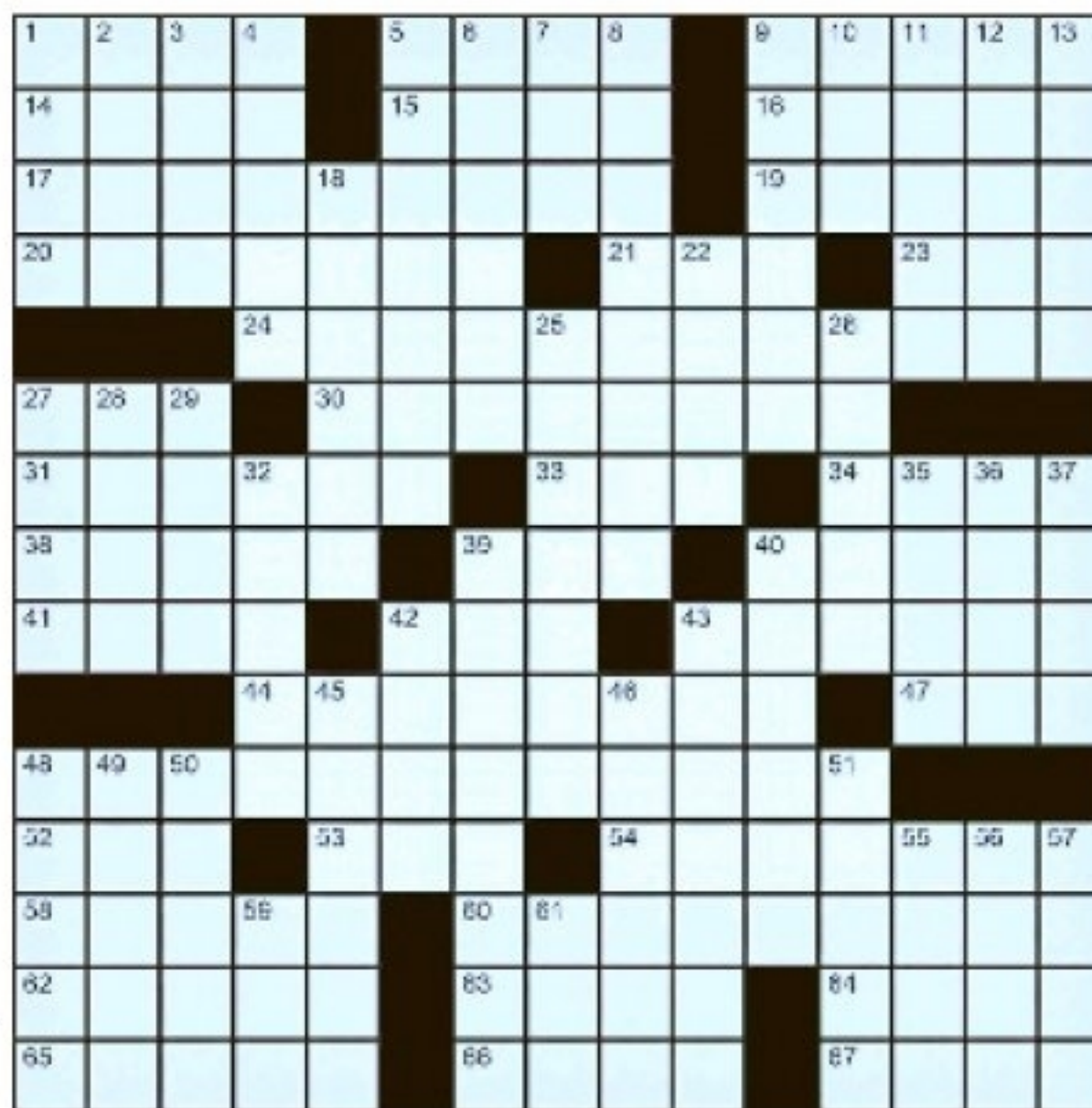
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Become dry, as lips
- Suffix with 'Poet'
- Certainly, casually
- Wee writer
- Connecting point
- Anna Paquin movie, "The _" (1993)
- Get scared in the haunted house: 3 wds.
- Tranquil
- High-ranking fleet officer
- Pre-lah note
- Mr. Rock
- Canadian coffee/snacks chain: 2 wds.
- Snowy _
- Verve
- Tap
- Oz character's coating
- Trails
- Panache
- Ceiling
- _ moment (Perfectly sentimental time for a snapshot)
- Curved music symbol
- Sidekick
- Change NaCl by dissolving it into water to become Na⁺ and Cl⁻
- Way one carries oneself
- Shooting marble
- Canned fish for Canadian seafood brand Clover Leaf: 2 wds.
- _-Dokie
- Ballroom dance
- Some brand name jeans
- Profits



DOWN

- _ Grande Ruins, in Arizona
- Tinted
- "Up and _ _!" (Rise and shine!)
- "Why Can't I?" singer Liz
- Populate
- "Cut that out!":

- 2 wds.
- Web pop-ups, e.g.
- Accidentally blurts out the secret: 2 wds.
- Consequence
- Chart-topper
- Verse form of Japan
- Without il-

- lumination
- Carries
- "Sesame Street" character
- Norse deity
- Cape Breton fiddler Ms. MacMaster
- Hosiery material
- Does in, hit-man-style

- Partition
- Hawaiian feast
- Approximate-ly, in dates
- Mine passage
- Strip by the Mediterranean Sea
- Misrepresent
- Traveller's tote
- Walter _ (Chekov on "Star Trek")
- Graduation ball
- Some lizards
- University in Wolfville, Nova Scotia
- Comfy
- Turkish honorifics, variantly
- Georges Bizet's operatic priestess
- Darken
- Illegal intentional ignition
- Sportswear brand
- Change
- Souvenir shirts, shortly
- Tide variety
- Don't truth-tell

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
An unexpected social invitation might come your way today, because this day is full of surprises that can even affect your children. To be safe, guard your kids against accidents.

Taurus April 21 - May 21
Stock the fridge today, because surprise company likely will drop by. Meanwhile, your home routine might be interrupted because a small appliance might break down. (Groan.)

Gemini May 22 - June 21
Spontaneous, unexpected events will change your daily routine today. An unexpected short trip is an example. You will enjoy meeting new faces, seeing new places and learning something unusual and different.

Cancer June 22 - July 23
You're full of clever moneymaking ideas today. However, finances are unpredictable. Keep your eyes open! Double-check all money transactions. Keep your receipts for spontaneous purchases.

Leo July 24 - Aug. 23
Today you're restless and eager to do something fresh and different. Stay light on your feet so you can go with the flow. Accept spontaneous invitations.

Virgo Aug. 24 - Sept. 23
Unexpected secrets might come out today. Or you might make a breakthrough in some kind of research or study of the past. You might discover an old photo album.

Libra Sept. 24 - Oct. 23
This is an exciting, stimulating day! Stay active so that you can avoid boredom. Your problem-solving abilities are tops, because you're thinking fast and your intuition is strong!

Scorpio Oct. 24 - Nov. 22
Bosses, parents and VIPs likely will surprise you today in some way. If offended, do not quit your day job. Be open to new suggestions and new ways of doing things.

Sagittarius Nov. 23 - Dec. 21
Sudden travel plans will fall in your lap today. In fact, you will love anything that introduces you to foreign countries or different cultures.

Capricorn Dec. 22 - Jan. 20
Stay in touch with your bank account because something unpredictable might affect your shared property, taxes, debt and finances.

Aquarius Jan. 21 - Feb. 19
Make plans to socialize with a friend or partner today, because you don't want to be bored. Conversations with others will have an exciting, electric quality.

Pisces Feb. 20 - March 20
(Feb. 19 to March 20)
New technology might be introduced at work today. Perhaps a new staff member? Something unusual will make your workday exciting and different.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

Tell us how you really feel.

Join our online reader panel and help make your Metro even better. metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



SPORT UTILITY OR PICK UP **YOUR CHOICE** SIZZLING SUMMER DEALS

2016 Jeep Cherokee North FWD

Equipped with:

- 8.4" Touch Screen
- Back Up Camera
- Heated Seats
- Heated Wheel
- Remote Start
- 17" Alum. Wheels
- Bluetooth Wireless
- Sirius Sat. Radio



Stk# 16KL2446

**UPGRADE
TO A 4X4
MODEL**
well equipped
for an
additional
\$33 bi-wkly

\$29,977 or \$197 b/w OR 0% Financing for 84 Mths



Stk# 16RR0354

2016 RAM 1500 Reg. Cab Black Express 4X4

Equipped with:

- 5.7L Hemi V8 • Back Up Camera
- Class IV Hitch • Trailer Brake Control
- Spray In Boxliner • Sat. Radio
- Bluetooth Wireless
- Black Headlamp Bezels
- 20" Semi Gloss Aluminum Wheels
- Available in White, Grey or Burgundy



**Back by
popular
demand!**

**Purchase a RAM
Truck before July 31st
and receive a Custom
Mopar Tool Box Mini Fridge**

While quantities last.



Stk# 16RC0499

2016 RAM 1500 SXT Crew Cab 4X4

Equipped with:

- 5.7L Hemi V8
- Back Up Camera
- Trailer Hitch
- Fog Lamps
- U Connect Hands-free
- SXT Appearance Group

**Ask about
our 1% Rate
Reduction and
\$1,000 Finance
Pull Ahead
Cash**

YOUR CHOICE: \$31,495 or \$219 b/w



61 ATHORPE DRIVE, DARTMOUTH, NS
(902) 469-9050 ddodge.com

Prices exclude freight, taxes and fees. Payments include freight, taxes and fees. Cherokee payment based on 1.99% Financing for 96 months OAC. Crew Cab payment based on 3.49% Financing for 96 months OAC. All Rebates to Dealer. 2016 RAM Crew Cab and Reg. Cab include \$1,500 Loyalty/Conquest Bonus Cash. Hurry in! Offer ends August 2nd.